



aprons

# Barbecue Meatballs Over Mashed Potatoes



## INGREDIENTS

2 lemons, for juice  
1 cup prechopped yellow onions  
1 1/4 cups reduced-sodium beef broth (or stock), divided  
4 tablespoons tomato paste  
1/2 teaspoon yellow mustard  
1/4 cup apple cider vinegar  
1 tablespoon Worcestershire sauce  
1/4 teaspoon kosher salt  
1/2 teaspoon pepper  
1 package frozen beef meatballs (20–26 oz)  
1 (24-oz) package refrigerated mashed potatoes  
2 tablespoons cornstarch

## STEPS

1. Squeeze lemons for juice (1/4 cup). Place in large sauté pan: onions, 1 cup broth, tomato paste, mustard, lemon juice, vinegar, Worcestershire, salt, and pepper; stir until combined. Bring to a boil over medium-high heat.
2. Reduce heat to medium-low; stir in meatballs, then cover and cook 10 minutes. Microwave potatoes following package instructions.
3. Whisk remaining 1/4 cup broth and cornstarch until combined. Pour into pan; cook 5–6 more minutes, stirring occasionally, or until sauce is thick and meatballs are 165°F. Serve over mashed potatoes.

## NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 710kcal; FAT 48.00g; SAT FAT 20.00g; TRANS FAT 0.00g; CHOL 95mg; SODIUM 1890mg; CARB 46g; FIBER 6.00g; SUGARS 9g; PROTEIN 27g; CALC 8%; VIT A 6%; VIT C 30%; IRON 20%