

# Tex-Mex meatballs in a chipotle-tomato sauce

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mexica-tex-mex-meatballs-recipe>

## Ingredients:

- 1 pound ground beef
- 1/2 cup zucchini shredded
- 1/2 yellow onion medium, finely diced
- 2 cloves garlic minced
- 1/4 cup cilantro chopped plus more for garnishing
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon cumin ground
- 1 teaspoon oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground allspice
- 1 egg
- 1/4 cup cracker crumbs
- cotija cheese crumbled, for garnishing, optional
- bread or tortillas, for serving
- 14 ounces tomatoes diced
- 2 chipotle chiles in adobo canned
- 1/4 yellow onion medium, chopped
- 2 cloves garlic chopped
- 1 teaspoon cumin ground
- 1 teaspoon oregano
- 1/4 teaspoon allspice ground
- 1 cup chicken broth
- 1 tablespoon lime juice
- salt

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 105 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 6 grams
8. Sodium: 890 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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