

SLOW-COOKED CHICKEN MEATBALLS

(from the Bewitching Kitchen, adapted from many sources)

1 pound ground chicken
1/2 pound mild Italian sausage (casings removed)
1 Tablespoon coconut oil (or olive oil)
1 bunch kale, stems removed, coarsely chopped
1 small shallot, finely minced
1 egg + 1 egg yolk, lightly beaten
1/4 cup almond meal
salt and pepper to taste
1 large can (28 oz) crushed tomatoes
1/2 stick unsalted butter
1/3 cup water (or chicken broth)
1 tsp Herbes de Provence
small mozzarella balls, one per meatball

Start by sauteeing shallots in coconut oil in a large skillet until translucent and fragrant. Season lightly with salt and pepper, then add the kale. Cook until wilted, transfer to a bowl and allow it to completely cool. If you like to cool it faster, add it to a baking sheet on a single layer.

In a large bowl, add the two types of meat, the sauteed kale, egg and egg yolk. Season with a little salt (the sausage is already seasoned), then add the almond flour. Mix gently and form into large balls, incorporating a small mozzarella ball in the center. You should have enough for 8 to 9 chicken meatballs. Refrigerate them for one hour or more to firm them up. You can make this the day before.

Pour the crushed tomatoes in the bowl of a crock pot, add the water (or stock) and the butter cut into large pieces. Season with some salt and pepper, add the Herbes the Provence. Place the meatballs gently inside. Cook on low for 5 hours. If you have a chance, flip the meatballs after a couple of hours.

Serve right away or save in the fridge for next day, when flavors will be even better.