



Buffalo Meatballs Recipe

Preparation Time	15
Cooking Time	50
Serving Size	8

Ingredients:

- 2/3 tsp oil
- 1/3 cup onion, red, minced
- 2 2/3 Tbsp celery, minced
- 2 2/3 Tbsp carrot, minced
- 1/3 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 Tbsp soy sauce
- 1/8 tsp salt
- 1/8 tsp pepper, black

- 330 g pork, ground
- 1/3 cup bread crumbs, Japanese
- 1 pc egg, lightly beaten
- 1/3 cup oil

FOR THE SAUCE

- 1/4 cup butter
- 1 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g)
- 2 tsp hot sauce
- 1/3 cup sour cream
- 1/2 cup celery, stems only, sliced into 3-inches length x 1/4-inch thick

Preparation:

1. Sauté onion, celery, and carrot in oil for 7 minutes or until tender. Add DEL MONTE Original Style Tomato Sauce and season with soy sauce, salt, and pepper.
2. Allow the mixture to cool and add to ground pork with bread crumbs and egg. Mix thoroughly.
3. Form every 1 tablespoon of pork mixture into a ball, then fry in oil for 13 minutes or until cooked.
4. Melt butter in a sauce pot and add DEL MONTE Quick 'n Easy Caldereta Sauce, hot sauce then sauté for 2 minutes. Add meatballs. Serve with sour cream and garnish with celery.

Chef's Tip

For a spicier buffalo sauce, you may increase the amount of hot sauce.

Lusog Notes

This Buffalo Meatballs recipe is a source of vitamin A, which promotes healthy skin and normal vision. It is also helpful in keeping the immune system healthy.

Cooking Skills Needed

- Frying
- Mixing

- Sautéing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Sauce Pot
- Spatula

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