

# Tuesday



## Jerk Meatballs

Cost per serving \$4.04

## Jerk Meatballs

- 1 cup Longo's basmati rice
- 2 cups chicken broth (from Sunday prep)
- 1 carrot, grated
- 1/2 cup Longo's frozen corn or peas
- 1 tbsp chopped fresh parsley
- 1 bottle (xxx mL) Longo's Signature Jerk Sauce
- 1 batch Meatballs (from Sunday prep)

## Directions

**COMBINE** rice and broth in saucepan and bring to a boil. Reduce heat to low; cover and cook for about 10 minutes or until rice is tender and broth is absorbed.

**STIR** in carrot, corn and parsley; cover and let stand for 5 minutes.

**HEAT** sauce and meatballs over low heat in a shallow saucepan for about 8 minutes or until heated through. Serve over rice.

**STIR** in carrot, corn and parsley; cover and let stand for 5 minutes.

**HEAT** sauce and meatballs over low heat in a shallow saucepan for about 8 minutes or until heated through. Serve over rice.