



HEARTY ITALIAN MEATBALLS IN A RICH TOMATO SAUCE

500g mincemeat
½ onion, finely chopped
1 carrot, finely chopped
30ml olive oil + more for frying
1 egg
5ml minced garlic
½ packet brown onion soup mix
15ml breadcrumbs
10ml dry thyme
10ml dry basil
10ml dry oregano
15ml Worcester sauce

Sauté the onion and carrot in a little olive oil. Add to remaining ingredients and mix well together. Shape into meatballs.

Heat a frying pan with some olive oil. Fry the meatballs on all sides until golden.

Remove and place in tomato sauce.

TOMATO SAUCE

½ onion, finely chopped
1 carrot, finely chopped
45ml olive oil
20ml minced garlic
2.5ml minced chilli
2 tins (410g) Italian chopped tomatoes
1 sachet tomato paste
20ml sugar
20ml dry oregano
5ml dry thyme
handful of fresh basil
30ml tomato sauce
125ml beef stock (20ml beef stock powder)
coarse salt and black pepper

Sauté the onion and carrot in the olive oil with the garlic and chilli until softened. Add the tomatoes and cook uncovered for about 20 minutes to thicken the sauce. Then add the tomato paste, sugar, herbs, tomato sauce and beef stock, and simmer for another 10-15 minutes.

Adjust seasoning, adding salt and pepper if necessary.

Place browned meatballs in the sauce and simmer for about 20 minutes or until they are softened and cooked through.

Makes approximately 12 medium meatballs