

Meatballs & Tomato Sauce

Meatballs:

Ground beef, lean	1 pound (0.5 kg)
Egg, beaten	1
Milk	¼ cup
Oats or breadcrumbs	½ cup
Salt	¼ teaspoon
Worcestershire sauce	2 teaspoons (optional)



Directions:

1. Heat oven to 400°F and lightly oil a baking sheet or line with parchment paper.
2. In a large bowl, combine all ingredients and mix well with a spoon or clean hands.
3. Shape meat mixture into 24 small balls (about 1-inch each) and place on baking sheet.
4. Bake for 15 minutes. Check they are cooked by using a thermometer (71°C or 160°F) or until no longer pink inside. Set aside.

Tomato Sauce:

Oil, canola	1 tablespoon
Onion, chopped	3 tablespoons
Garlic, chopped	2 cloves
Tomatoes, diced	1 can (796 ml)
Basil	1 teaspoon
Thyme	1 teaspoon
Oregano	1 teaspoon
Salt	1/4 teaspoon
Pepper	1/8 teaspoon

Directions:

5. In a large frying pan, heat oil over medium heat.
6. Add chopped onions and cook for about 3 minutes, stirring regularly.
7. Add chopped garlic and cook for another minute, stirring regularly. (or replace with ¼ teaspoon garlic powder in step 8)
8. Add diced tomatoes (undrained), basil, thyme, oregano, salt and pepper and cook on medium low for 15 minutes.
9. Add meatballs into the sauce to warm them and serve over cooked pasta. Recipe makes 24 meatballs and 3 cups sauce. Serves 6.

