Meatballs Recipe

(Yields 2-4 meatballs)

Ingredients:

* ¼ package ground beef
* 60ml bread crumbs
* ¼ onion
* 1 egg
* 1 garlic clove
* Salt and pepper

Method:

1. Chop onion finely and mince garlic
2. Measure all ingredients into a large bowl and mix by hand, ensuring ingredients are mixed thoroughly
3. Shape into equal sized balls
4. Heat a cast iron skillet over medium heat – add 10ml of oil then add meatballs – searing each side until they are nicely browned – about 15-20 minutes
5. Check center for doneness

Spaghetti Sauce:

Ingredients:

* ¼ onion
* 1 garlic clove
* 25ml oil
* ½ can crushed tomatoes
* ½ can tomato sauce
* 2ml oregano or Italian seasoning
* Salt and pepper

Method:

1. In a medium pot, heat the oil over a medium heat
2. Add the onions and garlic and cook until translucent
3. Add other ingredients and bring to boil, stirring constantly
4. Decrease to simmer and let cook for 15-20 minutes
5. Season with more salt and pepper to taste