

**Meatballs and sauce for a family 😊😊**

**Ingredients**:

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| 500g 100g1/2 tsp1/2 tsp11121 tin2 tsp | Lean mince beefCup of breadcrumbsSaltPepperLarge, grated onionEggChopped onion (for the sauce)Cloves of garlic (for the sauce)Chopped tomatoes (for the sauce)Oregano |
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**Method**:

**Meatballs**

* In a large bowl grate an onion and add to this the mince beef
* Add the breadcrumbs, salt, pepper and an egg.
* Mix with a spoon making sure that all the ingredients are mixed together.
* Using a tablespoon scoop out the mixture, roll into a ball and put on a baking tray.
* You should be able to make 15 good sized meatballs.
* Cook these in an oven at 170C for 15 – 20 minutes.

**Sauce**

* In a large frying pan cook a chopped onion and crushed garlic for 5 minutes on a gentle heat
* Add to this the tin of tomatoes, half a tin of water, oregano and heat through.
* Add the meatballs to the sauce, cover them and heat for a further 10 minutes.
* Serve over spaghetti and enjoy!
* You can grate some cheese over them to make them even more delicious 😊

Please remember to send in your photos of you cooking the recipe and also the finished product. Send pictures in to alanrtilley@mail.com or text them across to 07817777739

You can check out the video @ <http://y2u.be/1WDczyNtJpI>

I hope you are enjoying the recipes so far.