

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

**Ingredients**:

|  |  |
| --- | --- |
| 500g  100g  1/2 tsp  1/2 tsp  1  1  1  2  1 tin  2 tsp | Lean mince beef  Cup of breadcrumbs  Salt  Pepper  Large, grated onion  Egg  Chopped onion (for the sauce)  Cloves of garlic (for the sauce)  Chopped tomatoes (for the sauce)  Oregano |
|  |  |

**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](mailto: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.