

Meatballs with Tomato Sauce

Meatballs

500g/1lb Beef Mince	Salt and Pepper
1 small onion diced	Pinch of garlic salt or some crushed garlic if wished.
1 tablespoon BBQ sauce or Ketchup	
1 tablespoon Mixed herbs	

Combine all ingredients in a bowl. Shape into round balls and place on a baking tray. Bake at 190c/ Gas 5 for 15-20 minutes.

This mix can be used to make homemade burgers.

Tomato Sauce

Ingredients;

1 onion diced	Squeeze of tomato puree
2 tins chopped tomatoes or 1 pasatta	1 stock cube
3 cloves garlic crushed	125ml/ 1/4pt water
Herbs, basil, oregano or mixed	Seasoning
Splash of wine if wished [red or white is fine]	

Method;

1. Sweat off the onions, garlic and herbs in a pot until soft.
2. If using wine add now and reduce.
3. Add remaining ingredients, bring to the boil and simmer for about 15 minutes.