Meatballs In Tomato Sauce

Ingredients

For The Meatballs

3 kg minced beef

3 cups breadcrumbs

6 large eggs

4 cloves garlic, minced

2 teaspoons dried oregano

1 cup finely chopped fresh parsley

Salt and pepper to taste

For The Tomato Sauce

12-15 large tomatoes, blanched, peeled and chopped

3 large onions, finely chopped

4 cloves garlic, minced

2 teaspoons dried basil/ thyme

2 teaspoons dried oregano

3 cups boiled peas

3 cups finely diced carrots

¼ cup olive oil

Salt and pepper to taste

1. In a large mixing bowl, combine minced beef, breadcrumbs, eggs, chopped parsley, minced garlic, dried oregano, salt and pepper.
2. Mix the ingredients thoroughly until well combined.
3. Preheat oven to 200 degrees C (400 degrees F).
4. Shape the meat mixture into mini golf sized balls and place them on lined baking sheets.

5. Bake in the preheated oven for about 20-25 minutes or until the meatballs are browned and cooked through.
6. Boil a pot of water. Score an X on the bottom of each tomato and blanch them in boiling water for 30 seconds.
7. Remove the tomatoes and immediately transfer them to a bowl of ice water. Peel off the skins and chop the tomatoes.
8. In a large pot, heat olive oil over medium heat. Add chopped onions and minced garlic. Sauté until softened.
9. Add the chopped fresh tomatoes, fried basil/ thyme, dried oregano, salt and pepper. Stir well. Simmer the sauce for about 30-40 minutes until it thickens, stirring occasionally. Allows flavours to meld.
10. Gently place the baked meatballs, carrots and peas into the simmering tomato sauce. Allow them to simmer together for an additional 15-20 minutes, ensuring the meatballs absorb the flavours of the sauce.
11. Let the meatballs and sauce cool to room temperature. Serve the meatballs warm with rice, pasta or spaghetti. Alternatively divide the meatballs and sauce into meat-sized portions suitable for your family. Store in freezer for up to 3 months.