

MEATBALLS IN TOMATO SAUCE RECIPE

Quick and easy recipe for homemade meatballs in tomato sauce. This dish is perfect for dinner and lunch. Serve these meatballs with pasta, rice or potatoes and your family will love it!

INGREDIENTS

For the meatballs:

- ✓ 600g (21.16 oz) minced beef
- ✓ 1 onion
- ✓ 1/3 bunch parsley
- ✓ 1 egg
- ✓ 1/3 cup (42g) dry bread crumbs
- ✓ 2 garlic cloves
- ✓ 1 teaspoon salt
- ✓ 1/2 teaspoon black pepper
- ✓ 1/2 teaspoon paprika

For the sauce:

- ✓ 1 large onion
- ✓ 3 garlic cloves
- ✓ 1/2 red chili pepper (optional)
- ✓ 600g (21oz) homemade tomato sauce
- ✓ 3 tablespoons tomato paste
- ✓ 600 ml water
- ✓ 7-8 basil leaves
- ✓ Salt & pepper

DIRECTIONS

1. Finely chop onion and parsley. Crush garlic cloves. In a large bowl place the beef, chopped onion, parsley, crushed garlic, egg, bread crumbs and seasoning. Mix well with your hands until all combined.
2. Form into balls. In a large pan heat oil over medium heat. Fry the meatballs for about 1 minute for each side until lightly brown and remove from the pan.
3. For the sauce: chop onion, slice garlic cloves, chili pepper and basil.
4. In the same pan sauté onion for 4-5 minutes. Add sliced garlic and chili, sauté for 3-4 minutes more. Add tomato sauce, fill the empty tins of the tomato sauce with water (about 600 ml) and pour into the pan, add tomato paste, basil leaves, season with salt, pepper, paprika and stir.
5. Bring to sauce to a boil, transfer the browned meatballs to the sauce, reduce the heat to low and simmer, covered, for about 30-40 minutes. Serve.

Questions:

1. The text tells us about.....
2. Whom the writers suggest to serve this food?
3. What are the materials/things/ingredients needed?
4. Fry the meatballs.... the underlined word means....
5. How many parts is that recipe consisting of?