

## Meatballs in a tomato sauce



### Meatballs

- 1 onion diced and sautéed
- 500g of minced pork or minced beef
- 1/2 tsp salt
- 1/2 pepper
- 1 tsp ground cayenne pepper
- 1 ground cumin
- 1/2 tsp turmeric

Mix all above ingredients in a bowl until seasoning is thoroughly mixed in.

Roll small amounts of the raw minced meat etc into small balls. Dry fry off on med heat until meatballs are cooked through.

Drain on kitchen paper towel to remove excess oil.

### Tomato sauce

- 1 onion chopped & diced
- 1 courgette peeled & diced
- 1 aubergine peeled & diced
- 1 large carrot peeled & diced
- 1 red pepper cored & diced
- 1 yellow pepper cored & diced
- 1 green pepper cored & diced
- 2 cloves of garlic crushed
- 1 tin of chopped tomatoes
- 1 tbsp condensed tomato paste
- Pinch of chillie flakes (optional)

Peel and chop veg into cubes.

Place all vegetables into a deep pan with a little oil and on a low heat sweat the vegetables until soft. Add the tinned tomatoes and garlic. Simmer for 20 minutes or until the sauce has reduced, you can blend the sauce up if it looks too chunky for yourself. (Your choice)

This is your basic tomato sauce and you can add chillies to give some heat. (You can add any meat to this tomato sauce eg: prawns, chicken, chorizo etc)

This sauce will give you at least 4 separate dinners (4 people per serving) so you can freeze the rest of the sauce you don't need for the meatballs

Once you have portioned off the sauce, then you can add the meatballs to it to simmer a little longer, serve with spaghetti.

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Let's get cooking