

## Meatballs in Roasted Vegetable Tomato Sauce

<p>500 gr minced beef breadcrumbs 1 onion 1 teasp mixed herbs Seasoning 2 eggs 1 teasp mustard (optional)</p> <p><b><u>Roasted vegetable tomato sauce</u></b> 1 tin chopped tomatoes 1 stock cube 2 tbsps. Tomato puree 1 small onion 1 courgette 1 red pepper 2 sticks celery</p>	<p>Chop onion finely. Add to mince in a large bowl. Add breadcrumbs, eggs, herbs and seasoning. Mix well together. The amount of breadcrumbs will depend on how wet the mixture is, which may depend on size of eggs. Roll into balls and put into a baking tin. Cover with foil and bake for 30 minutes 180°C Gas Mark 5.</p> <p><b><u>Sauce method</u></b> Chop onion and fry in a little oil until the onions start to brown. Dice the pepper and courgettes and add to the onions, gently fry for a few minutes to soften. In another bowl add the chopped tomatoes, puree, seasoning and celery. Add the vegetables when cooked and stir. Pour over the cooked meatballs and serve with rice or pasta.</p> <p>Gluten Free: Use gluten free bread, or no bread at all.</p>
--	--

