Meat Balls with tomato sauce

Meat Balls: 4 servings. Per serve Calories: 236, Fat: 9g, Protein: 28g, Carbs: 7g.

Tomato Sauce: 4 servings. Per serve Calories: 186, Fat 3g. Protein 5g, Carbs: 23g

Combined: 4 servings: Calories: 422 Fat: 12g, Protein: 33g, Carbs: 30g

# Ingredients

You can really put anything you like in these. I sometimes add cottage cheese, cooked quinoa or grated tofu – go wild and see what you and your family most enjoy. Serve with the tomato sauce over polenta, steamed broccoli, cauliflower mash or pasta.

**Meat Balls:**

500g of mince – any mince will work

3 tablespoons of psyllium husk (vary depending on how moist the mixture is and what additional ingredients you add)

2 tablespoons of tomato paste

Grated onion, carrot & garlic (or throw in the blender)

Herbs – I use either oregano or a Bolognese mix

¼ cup of grated parmesan cheese

1 tablespoon of mustard

1 teaspoon of soy sauce

1 teaspoon of cumin

1 egg

Salt and Pepper to taste

**Tomato Sauce:**

2 cans of tomatoes (I like the Mutti Brand)

1 jar of passata

1 carrot grated

1 capsicum and 1 onion cubed

1 tablespoon of butter

1 teaspoon of balsamic

# Directions

Heat oven to 180C

Meat Balls:

Heat a large oven proof pan

Combine ingredients in a bowl, wet hands and mix, roll into preferred meat ball size.

Heat pan and brown meat balls in batches and put aside

Sauce:

Using the same pan heat oil and saute the onion, garlic, carrot, capsicum and sweet potato.

Add the butter

Pour over the canned tomatoes and passata

Add the balsamic and simmer

Finishing:

Add the meat balls back to the pan with the tomato sauce

Place in oven for 30 minutes, sprinkle with fresh basil and parmesan to serve. You can also have the meat balls without the tomato sauce if preferred.