

TOMATO MEATBALLS

Suitable for people craving an easy, juicy, delicious meal.

Who doesn't love a juicy, tasty meatball? Served with rice, mashed potatoes or mielie pap, meatballs are a firm favourite for most South Africans. If you're looking for dinner ideas, a good meatball recipe is a sure bet to keep the family happy, well-fed and satisfied. Try out Megamaster's famous tomato meatballs.



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Prep time: 15 minutes
Cook time: 60 minutes
Total time: 1 hour, 15 minutes
Serves 8 people

INGREDIENTS

800g mince
1 packet flavoured soup of your choice (to flavour the mince)
2 eggs
For the sauce:
1 onion
1 green pepper
8 big tomatoes or 1 can of tomatoes
1 teaspoon Bisto
½ cup of water
1 packet of tomato puree
1 handful of ground black pepper
4 tablespoons Worcestershire Sauce
1 tablespoon sugar

INSTRUCTIONS:

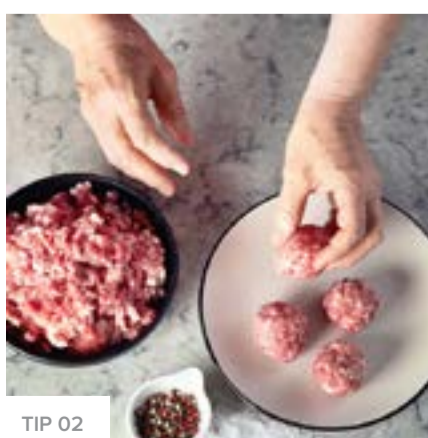
1. If you're using fresh tomatoes, blanch them in boiling water to easily peel the skin off.
2. Dice the onion and sauté it in your Enamel Series Braai Pan with some olive oil.
3. In a separate bowl, mash your softened tomatoes, add the rest of the sauce ingredients (except the onions) and leave aside.
4. Mix the mince, soup packet, and eggs together in a different bowl. Once thoroughly mixed, start making your meatballs. Aim for half a fist-size balls.
5. While your onions are cooking, turn up the heat and gently place your meatballs in the pan. Turn them from time to time until they are golden brown on the outside.
6. Add the sauce to your meatballs and simmer for 45 minutes (covered) on medium heat, until the sauce is thick and your meatballs are cooked through.
7. Garnish with fresh parsley and more black pepper. Add dollops of the remaining cream to the top of the filling.

MEGAMASTER RECIPE TIPS



TIP 01

If you're feeding a crowd, add ½ cup of breadcrumbs to your meatball mix to double up.



TIP 02

Meatballs are very fragile so turn them with your hands (using a glove) rather than using a tong. You don't want them breaking apart.



TIP 03

Like a runny sauce? Add some water to the saucepot.