

# Meatballs in tomato sauce

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Best eaten hot and fresh right out the pan with crusty bread

## Ingredients

2 tablespoons of olive oil  
750gms ground beef  
1 1/4 cup fresh white breadcrumbs  
8 tablespoons grated Manchego or Parmesan cheese  
3 tablespoon tomato paste  
4 cloves garlic, chopped fine  
1 1/2 red onions, chopped fine  
3 teaspoons chopped fresh thyme  
1 1/4 teaspoon turmeric  
Salt and pepper, to taste  
500ml canned plum tomatoes, chopped  
4 tablespoons red wine  
4 teaspoons chopped fresh basil leaves  
3 teaspoons chopped fresh rosemary

## Method

In a bowl, thoroughly mix together the beef, breadcrumbs, cheese, tomato paste, garlic, scallions, egg, thyme, turmeric, salt, and pepper. Using your hands, shape the mixture into 24 to 30 firm balls.

Heat the olive oil in a skillet over medium-high heat. Add the meatballs and cook for several minutes or until browned on all sides. Remove the meatballs and set aside.

Add the tomatoes, wine, basil, and rosemary. Simmer gently for around 15 minutes, then add back the meatballs and cook until the meatballs are done. Season generously with salt and pepper and serve hot with crusty bread and good olive oil.

THE  
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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