



Meatballs

Instructions:

Pour all the sauce ingredients into a pot and bring to a boil.

Combine the meatball ingredients in a large bowl.

Shape into 20 meatballs.

Place gently into the boiling pot and cook on a medium flame for 45 minutes.

Makes 3 servings

6 meatballs count as 1 dinner main

Prep Time:

10 minutes

Cook Time:

1 hour

Ingredients:

Sauce

2 - 28 oz. cans tomato puree

1 TBSP. hot sauce

1 large onion - chopped

2 cubes frozen garlic

1 cube frozen basil

salt & pepper to taste

Meatballs

1 lb. extra lean ground beef

2 cubes frozen garlic

1 cube frozen basil

1 egg

4 TBSP. corn flake crumbs

pepper to taste