



ITALIAN MEATBALLS

Serves 6-8

LISTED INGREDIENTS	QUANTITY	UNIT COST	TOTAL COST
Maleny Black Angus Beef Mince	1kg	\$13.50	\$13.50
Passata	700gms	\$1.75	\$1.75
Canned chopped tomatoes	340gms	\$1.00	\$1.00
Onion medium	330gms	\$2.50	\$0.83
Water	150ml	\$0.00	\$0.00
Egg	1 each	\$0.15	\$0.15
Garlic	2 teaspoon		\$0.20
Fresh or dried herbs – oregano, sage, rosemary	To taste		\$0.20
Salt and pepper			\$0.00

GARNISH AND EXTRAS PER SERVING	QUANTITY	UNIT COST	TOTAL COST
Rice or pasta			\$1.00

TOTAL INGREDIENT COST	SERVES	TOTAL INGREDIENT COST AND SERVES	ADD GARNISH COST PER SERVE	COST PER SERVE
\$18.63	8			\$2.33

METHOD

- Mix the minced beef with salt, pepper and a minced onion. Add the egg and mix thoroughly with a wooden spoon or by hand. Allow to rest in the refrigerator.
- In a large saucepan, fry the second finely chopped onion with the garlic, herbs and some salt and pepper, until onions are soft.
- Add the passata, canned tomatoes, and water, and simmer for 30 minutes to amalgamate the flavours.
- Roll the meatball mixture into balls (size to suit your preference) and drop directly into the tomato sauce. Put a lid on the pot and simmer for 20-30 minutes.
- Boil rice or pasta. Serve in bowls, and put meat balls and sauce over. Grate parmesan or tasty cheese over the top.

