

Porcupine Meatballs



INGREDIENTS

- 1kg minced beef
- 1 cup of long grain rice
- 2 cloves garlic, minced
- 1 cup fresh breadcrumbs
- 2L tomato juice
- 2 brown onions, grated
- 3 carrots, grated
- 1 tbsp dried mixed herbs
- 2 eggs
- 1 tsp salt
- 1 tbsp Worcestershire sauce
- 2 tsp cumin
- 2 tbsp caster sugar
- salt & pepper

Tomato Sauce Base

- 2 cloves garlic, minced
- 800g crushed tomatoes
- 1 cup frozen peas
- 1 cup green beans
- 1 cup beef stock
- 1 apple, grated
- 1 tbsp olive oil

SERVES 6-8.

DIRECTIONS

1. In a mixing bowl combine beef mince, carrot, onion, garlic, salt & pepper, and dried herbs.
2. Rinse rice under water, drain as much as possible and add in to the mix.
3. Form mixture into ball, to a size that is similar to a ping-pong ball.
4. Heat tomato juice, cumin, sugar and Worcestershire sauce in a heavy pan. Add balls and cover tightly with lid or alfoil. Simmer on low for approx. 45min.
5. For the tomato base sauce; fry off garlic in olive oil until soft. Add in canned tomatoes and stock, bring to boil. add peas and beans, simmer until cooked.
6. Serve meatball mix on tomato base.