# Quick Meatballs



## Ingredients
### Meatballs
250g Beef mince
3 thick sausages, skin taken off
1 small onion, peeled and finely chopped
Pepper to taste

### Tomato Sauce
1 dessertspoon oil
1 onion, peeled and chopped
1 carrot, peeled and finely chopped
1 small courgette, washed and chopped
1 red pepper, deseeded and chopped
1 tin of cannellini beans(or any type of beans) drained
1 beef stock cube, hot water to make the stock
1 tin tomatoes or passata
Pinch of mixed herbs

## Get Cooking
1. Place all the meatball ingredients into a bowl, mix well, divide the mixture in to 12 equal size portions, roll each into a ball, place on a greased oven tray, bake for 15-20 minutes at 160/170  gas 3 to 4. Check that the meatballs are cooked by cutting one in half to check that they are piping hot and not pink.
2. For the tomato sauce, place the onions, peppers and courgette in a large pan with the oil, fry for 5 minutes until soft, add the rest of the ingredients except the beans, bring to the boil, then simmer for 20 minutes, add the beans then cook for 10 minutes.  Serve with the meatballs and pasta or mashed potatoes.

*You can freeze the meatballs before cooking or freeze the completed dish. Leftovers can be kept in the fridge and heated through until piping hot the next day.