

# Easy Meatballs



[Marisa Olivier](#)

4 Ingredients

A late night request from one of our FB family regulars Mackenzie Smith on the Gold Coast, who are we to say no?

Serves 8

- \* 1 kg (2.2pounds) lean beef mince
- \* 2 eggs, beaten
- \* 1 large onion, finely diced
- \* 700ml/23fl.oz jar of passata (or chunky pasta sauce)

Preheat oven to 180°C/360F. In a large bowl, mix together the mince, eggs and onion and season with sea salt and cracked pepper. Using damp hands, roll into meatballs. Place in a casserole dish and pour over the sauce. In the empty jar, swirl 1½ cup (125ml) of water to release remaining sauce and add to the dish. Stir to mix through, cover and cook for 30 minutes, remove lid and cook for a further 15 minutes.

You can also make this in your slow cooker – 7 hours on low.

Serve on top of your favourite cooked pasta, rice or with the

Creamy Garlic Mash from page 38 in Menu Planning and steamed greens.

These are great the next day as meatball subs....DELISH!