

# MEATBALLS WITH SAUCE



Meatballs with sauce are a nutritious, well-balanced main course that is loved by children and adults alike. They are tender, soft and tasty because they are cooked directly in the sauce, which is prepared with the excellent De Rica Strained Tomatoes and flavored with garlic, salt and pepper.



Easy



45'



## INGREDIENTS (PORTIONS: 4)

- 24.7 ounces [Strained Tomatoes 24.7 oz](#)
- 2 Cloves of garlic
- 3 or 4 tablespoons Extra virgin olive oil
- to taste Minced parsley
- to taste Parmesan cheese to sprinkle over the meatballs
- to taste Salt and pepper
- 1/2 glass Water
- 1 Clove of garlic
- 1 Egg
- 1 sprig Fresh parsley
- 7.05 ounces Ground beef
- 7.05 ounces Ground veal
- 1.76 ounces Parmigiano Reggiano cheese
- to taste Salt and pepper
- 1 piece Stale country bread (about 3.5 ounces)
- to taste Water for soaking the bread

## FOR THIS RECIPE WE USED:



## PREPARATION

Place the stale bread in a bowl with water, then squeeze out the water and crumble. Add the ground meats, bread, parmesan cheese, minced parsley and egg, flavor with salt and pepper and mix well. Form meatballs with your hands. They should be about 2 inches.

Prepare the sauce.

Lightly brown the two garlic cloves in oil. Add the De Rica Strained Tomatoes and half a glass of water and cook for about 10 minutes. Add salt and pepper.

Add the meatballs and let them release their flavors for a few minutes. Simmer at low heat, stirring gently, until the sauce has thickened slightly and the meatballs are soft (about 15 minutes).

Place the meatballs on the plate, add a few tablespoons of sauce, grated parmesan cheese and minced parsley.