



Meatballs with Sauce

Ingredients:

For the meatballs:

Ground beef

500 gr.

Chopped scallion

1

Finely grated carrot

½ unit

Egg

1 unit

Breadcrumbs

2 tablespoons

Grated onion

½ unit

Finely chopped dehydrated

garlic and parsley (provenzal)

4 spoonfuls

Corn starch

1 tablespoon

For the Sauce:

Onion

1 unit

Red Pepper

1 unit

Grated carrot

1 tablespoon

Sweet Paprika

1 unit

Scallion

1 tallo

Red wine

2 tablespoons

Procedure:

Mix and knead well the ground beef, the chopped scallion, the finely grated carrot, the grated onion, the corn starch, the "provenzal" and the egg (previously beaten), the breadcrumbs and add salt and pepper. Make 8 meatballs.

Sauce: Cut the onion and pepper into small cubes of ½ centimeters. Chop the scallion finely and put them in the MicroCheff Pot.

Add the paprika, the carrot, salt and pepper and mix well. Add the meatballs, put the lid on and microwave for 3 minutes on high.

Afterwards stir everything well, add the wine, the mashed tomatoes, the peas and the oregano. Dissolve well the corn starch and sugar with the water, add to the preparation and beat strongly. Put the lid on and microwave for 5 minutes on high. When finished stir and serve.

