

# Healthy Harvest® Pasta Sauce Greek Lamb Meatballs with Potatoes

---

Preparation Time: 20 minutes

Cooking time: 35 minutes

Servings: 6



*Who needs takeout when you can create & enjoy delicious, authentic Greek flavours in the comfort of your home.*

## Ingredients

---

1 jar (570 mL)	<b>Healthy Harvest® Pasta Sauce Olive and Basil</b>
1 tbsp (15 mL)	dried oregano
1 tsp (5 mL)	each ground cumin and coriander
1 tsp (5 mL)	each salt and pepper
1/2 tsp (2 mL)	ground cinnamon
2	slices sandwich bread, torn into pieces
1/4 cup (60 mL)	milk
2	eggs
2	cloves garlic, minced
1 1/2 lb (750 g)	ground lamb
3/4 cup (175 mL)	sodium-reduced beef broth

---

Yukon Gold potatoes, peeled (about 3 large)

1 1/2 lb (750 g)

---

1/2 cup (125 mL) crumbled feta cheese

---

3 Greek pitas, toasted

## Instructions

---

1. Preheat the oven to 400°F (200°C). Stir the oregano with the cumin, coriander, salt, pepper and cinnamon; set aside. Place the bread in a large bowl and top with milk; let stand for 5 minutes. Stir in half the spice blend, eggs and garlic until well combined. Crumble in the lamb and mix gently until fully incorporated. Roll into 18 meatballs.
  2. Arrange the meatballs in a large, greased baking dish. Bake for 15 minutes or until lightly browned. Cut the potatoes in half lengthwise then slice into thick half moon pieces; toss with the remaining spice blend. Scatter over the meatballs.
  3. Stir the pasta sauce with the broth and pour over the casserole. Bake, covered with foil, for 45 minutes or until tender. Sprinkle feta over top. Serve with toasted pita.
- 

Tips: Top each serving with a dollop of tzatziki for a fresh and creamy garnish.

Nutritional Information per serving:

254 calories, 13 g fat, 6 g saturated fat, 52 mg cholesterol, 681 mg sodium, 21 g carbohydrates, 2.3 g fibre, 7 g sugar, 12.5 g protein.



---

[< Back](#)

[Print this recipe](#)

---