

Healthy Harvest® Pasta Sauce Saucy Meatball Hero's

Preparation Time: 10 minutes

Cooking time: 22 minutes

Servings: 6



Kids love meatballs and moms and dads will love the extra nutrition from the vegetables hidden in this speedy recipe. Spoon into sausage buns for a hearty sandwich, or serve in the classic style over hot cooked spaghetti.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Tomato and Basil
1	small carrot, peeled and chopped
1/2	small zucchini, chopped
2	cloves garlic, minced
1 slice	whole-wheat bread, cubed
1/3 cup (75 mL)	grated Parmesan cheese
3 tbsp (45 mL)	milk
1	egg
1 1/2 tsp (7 mL)	dried Italian herb seasoning
1/4 tsp each (1 mL)	sea salt and freshly ground black pepper
1 lb (500 g)	lean ground beef

Instructions

1. Pulse carrot, zucchini and garlic in a food processor until finely minced. Add bread, cheese, milk, egg, herbs, salt and pepper; pulse until combined but not puréed.
2. Transfer to a bowl. Crumble in beef. Gently mix until well-combined; form into 18 meatballs.
3. Meanwhile, heat pasta sauce in a large, deep skillet, set over medium heat. Nestle meatballs into sauce; cover partially. Simmer for 15 minutes, turning meatballs halfway through. Serve meatballs in sausage buns topped with shredded cheese or serve over hot, cooked spaghetti.

Tip: If you don't have a food processor, use a box grater to shred the zucchini and carrot finely.

Nutritional information per serving (3 meatballs with sauce):

267 calories, 13 g fat, 5 g saturated fat, 86 mg cholesterol, 634 mg sodium, 13 g carbohydrates, 2 g fibre, 23 g protein. Excellent source of vitamin B12 and zinc. Good source of riboflavin and iron.



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