

Five Vegetable Meatballs

Serves: 6

Prep time: 15 minutes

Cook time: 40 minutes



3 serve per portion

Ingredients

2 large, sweet potato, peeled and chopped into 3cm cubes

1 tablespoon olive oil spread

½ cup milk, low fat

500g lean beef mince

1 cup rolled oats, soaked in ½ cup water

1 onion, finely diced

1 zucchini, grated

1 carrot, grated

1 stalk celery, finely chopped

1 teaspoon pepper

1 teaspoon dried herbs

1 teaspoon vegetable stock powder

1 tablespoon of olive oil

700g bottle of passata

420g can crushed tomatoes



Everyday Food

Method

PREHEAT oven to 160°C.

BOIL a large saucepan of water. Add the sweet potatoes and cook until tender, about 10–12 minutes. While the potatoes are boiling, start preparing the meatballs.

COMBINE the beef mince, soaked oats, onion, zucchini, carrot, celery, pepper, dried herbs, and vegetable stock powder in a large bowl. Mix well until evenly combined.

ROLL all the mince mixture into balls about the size of golf balls.

HEAT olive oil in a frying pan over medium heat. Brown the meatballs on all sides, then remove from the pan.

SPREAD the passata and crushed tomatoes evenly over the base of a baking pan or casserole dish. Arrange the browned meatballs on top.

COOK the meatballs in the oven for around 30 minutes or until brown through when sliced open.

DRAIN sweet potatoes to start making the mash whilst meatballs are in the oven.

MASH sweet potato them with a fork or masher in a bowl, mixing in the olive oil spread and milk until smooth and without lumps.

SERVE meatballs on top of the mashed sweet potato.

Recipe courtesy of Margaret Gallagher, Middle Ridge Branch

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