

VEAL & TOMATOES

Time: 45 minutes

Serves: 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic - finely chopped or grated
- 8 basil leaves
- 28 ounce can diced tomatoes
- 1 ¼ teaspoons kosher salt
- ½ teaspoon fresh ground black pepper
- 1 pound ground veal
- 2 tablespoons flat-leaf parsley – finely chopped
- 1 teaspoon fresh oregano – finely chopped

Preparation:

Put a medium pot with the olive oil on medium-high heat. Add two thirds of the garlic. When the garlic begins to brown, stir in the basil, tomatoes, ¼ teaspoon salt and ¼ teaspoon pepper. Bring the mixture to a boil, then, reduce heat to simmer while you prepare the meatballs.

In a suitable bowl, use your hands to combine the veal, parsley, oregano and the remaining garlic, salt and pepper. Form the veal into eight balls.

Remove the basil leaves from the sauce and discard. Carefully place the meatballs into the sauce, submerging as much as possible. Cover and simmer for thirty minutes or until the internal temperature of the meatballs reaches 160F.

Serve the meatballs on top of the sauce.

Nutritional Information Per Serving:

- Calories: 242
- Fat: 9g
- Carbs: 5g
- Fibre: 2g
- Protein: 33g