

BAKED MEATBALLS

Ingredients

- 1 lb ground beef
- 1 egg
- ½ cup milk
- ¼ cup grated Parmesan
- ½ cup panko or bread crumbs *
- 1 small onion, minced or grated (or ½ a large onion)
- 2-3 cloves garlic, minced
- 1/2 teaspoon oregano
- 1 teaspoon salt
- freshly ground pepper to taste
- ¼ cup minced fresh flat-leaf parsley or basil

* For a gluten-free option, crushed Rice Chex work beautifully.

Instructions

1. Preheat oven to 175 degrees.
2. Mix eggs and breadcrumbs. Set aside so breadcrumbs absorb egg.
3. Mince onion and garlic, grate parmesan.
4. Mix all ingredients with hands.
5. Form into golfball-size meatballs.
6. Bake at 175 degrees F for 30 minutes.

From the fountain avenue kitchen <http://fountainavenuekitchen.com/>

TOMATO SAUCE

Ingredients

- Pomi tomato sauce, or crushed tomatoes (see notes)
- Small onion
- Garlic
- 2 Tbsp Olive oil and butter (see notes)
- 1 tsp Italian seasoning
- Salt, pepper, sugar (or honey, molasses or agave) to taste

Notes:

Choose the Pomi based on whether you like your tomato sauce chunky or smooth.

Omit the butter or a dairy free version. Just use a little more olive oil.

Instructions

1. Dice the onion and mince the garlic
2. Heat a skillet, and add the oil and butter.
3. Add the onion and generous sprinkle of salt (the salt helps to soften the onion.) Stir the onion occasionally to keep it from burning.
4. Once the onion is softened, clear a space in the skillet and pour in a little more oil. Turn down the heat and add the garlic, stirring constantly. Once the garlic is fragrant, pour in the tomato sauce or crushed tomatoes. Bring the heat back up to medium low.
5. Add the Italian seasoning and simmer the sauce for five minutes, until heated through.
6. Taste the sauce, and add salt, pepper and sweetener to taste. The sweetener balances out the tangy flavor of the tomato.

