

## Meatballs in Vegetable Tomato Sauce



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor  
3 Qt./2.8 L Sauce Pan with Cover  
3 Qt./2.8 L Perforated Basket  
11" Large Skillet with Cover  
12" Electric Oil Core Skillet  
large mixing bowl

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### Recipe:

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Meatballs

1 pound  
ground beef  
(454 g)  
4 teaspoons  
fresh parsley, chopped  
(5 g)  
4 teaspoons  
fresh basil, chopped  
(4 g)  
4 teaspoons  
fresh chives, chopped  
(4 g)  
1 egg white, slightly beaten

### Sauce

1  
carrot, shredded, use Cone #1 28  
ounces diced tomatoes (794 g)

### Directions:

1. In a large bowl, combine ground beef, parsley, basil, chives, egg white and Worcestershire sauce. Shape mixture into small meatballs (approximately ¾-inch to 1-inch round).
2. Place meatballs in steamer inset. Pour ½-inch of water in sauce pan and place steamer inset over water and cover.
3. Place temperature on medium heat. When the Vapo-Valve™ clicks, reduce temperature to low. Allow meatballs to degrease 10 - 15 minutes.
4. Stir meatballs once to get rid of excess fat. Scoop out onto a paper towel and pat dry (keep meatballs covered until ready to fry).

5. Preheat electric skillet. When several drops of water sprinkled on pan skitter and dissipate, add meatballs. Fry each meatball on all sides until browned. Transfer to a serving dish.

## Sauce

1. In large skillet, combine carrots, celery, onions, tomatoes, tomato paste, red wine and sugar.
2. Cover and cook over medium heat. When Vapo-Valve™ clicks, reduce temperature to low and cook an additional 5 - 10 minutes.
3. For a smooth sauce, pour mixture into blender and blend until desired consistency is reached.
4. Pour sauce over meatballs and serve.

## Tips:

- Serve these meatballs and sauce over pasta or rice.
- Sauce may be frozen.

### Nutritional Information per

#### ▼ Serving

**Calories:** 206  
**Total Fat:** 8g  
**Saturated Fat:** 3g  
**Cholesterol:** 49mg  
**Sodium:** 362mg  
**Total** 13g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 8g  
**Protein:** 18g