

## Tomato Meatball Casserole

⌘ A great meal to pull from the freezer at short notice ⌘

### Ingredients:

- 500g minced lamb (can use pork or beef)
- 4 green shallots (or 1 brown onion)
- 1 egg, lightly beaten
- 1/3 cup long grain rice
- plain flour
- 1/4 cup oil
- 1 cup water
- 1 x cans condensed tomato soup
- 1 x tinned tomato
- 2 carrots, chopped
- 1/4 cup chopped fresh basil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon light soy sauce

### Method:

- Combine minced lamb, shallots, egg and rice in a bowl, roll mixture into balls, toss in flour; shake away excess.
- Heat oil in pan, add meatballs cook over heat for about 3 minutes, or until well browned all over.
- Place the meatballs in an 8-cup capacity casserole dish.
- Combine water, soup, tomatoes, carrots, basil, and sauces in a dish and stir, then add meatballs
- Cover and cook in a moderate oven, stir occasionally for about 2 hours or until meatballs are cooked through and mixture has thickened.

**Previous recipes:** Shakshuka, Puttanesca, Asian Styled Omelette, Hot Wings, Almond Cake, Thai Spiced Chicken Meat Balls, Pork Marinade, Mushroom Steak Sauce, Hamburgers, Brownies. If you've missed any, let me know and I can get you a new copy.

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