



Cut at the line for a 4x6 Recipe Card

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Meat Balls With Burgandy Sauce

(Side Dishes)

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great food | made easy!

Ingredients:

- 1 pound ground beef (lean)
- 1 large apple, pared, cored and shredded
- 1 egg, slightly beaten
- 1 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup flour
- 2 tablespoons salad oil
- 1 small onion, peeled and diced
- 3/4 cups burgandy or red wine
- 1/4 cup water
- 2 (8-ounce) cans tomato sauce
- 1/2 teaspoon basil
- 1/4 teaspoon rosemary
- 1/4 teaspoon sugar

Directions:

Combine beef, apple, egg, salt, and pepper. Mix lightly and evenly. Shape into small balls. Roll in flour. Heat oil in a large skillet. Add meat balls and onion. Cook over low heat for about 10 minutes or until lightly browned on all sides. Mix wine and water. Combine with tomato sauce, herbs and sugar. Pour over meatballs. Cover. Simmer 15 minutes or until meat is done. Makes 4-6 servings. Serve over hot pasta, rice or mashed potatoes. Enjoy!