

# Spaghetti sauce and meatballs

The texture of the meatballs is quite fine. If you prefer, you can brown them slightly before putting them in the sauce, but they will cook just fine in the slow-cooker. You might find you want to add a little extra sugar at the end. Once you add the meatballs to the sauce, wait until they are cooked before you stir them in, otherwise they will fall apart.

250 ml (1 cup) chopped onion  
2 garlic cloves, minced  
15 ml (1 tbsp) olive oil

## Sauce

796 ml (28 oz) tin roma (plum) tomatoes with juice, mashed  
213 ml (7 1/2 oz) tin tomato sauce  
156 ml (5 1/2 oz) tin tomato paste  
60 ml (1/4 cup) dry or alcohol-free red wine  
10 ml (2 tsp) dried sweet basil  
5 ml (1 tsp) dried whole oregano  
5 ml (1 tsp) dried rosemary, crushed  
5 ml (1 tsp) granulated sugar  
0.5 ml (1/8 tsp) cayenne pepper

454 g (1 lb) extra lean ground beef

Sauté onion and garlic in olive oil in frying pan until softened. Turn into 6.5 litre (6-1/2 quart) slow-cooker.

Sauce: Add all 9 sauce ingredients to onion mixture. Stir.

Meatballs: Mix first 7 ingredients in medium bowl. Let stand 5 minutes.

Add ground beef. Stir well to combine. Form mixture into 20 3.8-cm (1 1/2 inch) balls. Add to sauce. Cover. Cook on low for 7 to 8 hours or on high for 3 1/2 to 4 hours. Makes about 1.25 L (5 cups) sauce and 20 meatballs. Serves 4.

Source: *Company's Coming Appliance Cooking* by Jean Pare



## Beefy bun topping

You can serve this on your favorite open-face buns or rolls. Ground turkey works well, too, and you can substitute chicken bouillon powder for the beef. This is one that can be frozen for a hurry-up meal on another day. I like to add a couple of sprinkles of Worcestershire sauce.

900 g (2 lbs) extra lean ground beef  
1 large onion, chopped  
156 ml (5 1/2 oz) tin of tomato paste  
398 ml (14 oz) tin of tomatoes with juice

10 ml (2 tsp) beef bouillon powder  
2 ml (1/2 tsp) dry mustard  
25 ml (1 1/2 tbsp) brown sugar, packed  
1 ml (1/4 tsp) pepper  
15 ml (1 tbsp) chili powder

Brown ground beef in non-stick frying until no pink remains. Drain. Add onion. Stir. Turn into 3.5 L (3 1/2 quart) slow cooker.

Stir remaining 7 ingredients in medium bowl. Pour over beef mixture. Stir. Cover. Cook on Low for 5 to 6 hours or on High for 2 1/2 to 3 hours. Makes 1.5 L (6 cups).

Recipe source: *Company's Coming Appliance Cooking* by Jean Pare

Continued  
Please See **CHICKEN D6**