

# Meatballs and Tomato Sauce

Eating whole grain foods can increase your fibre intake! Canada's Food Guide recommends making at least half of your grain products whole grain each day. The fibre in this dish is almost doubled by using whole grain instead of white pasta.



## Ingredients:

6 cups	Whole wheat spaghetti, cooked	1.5 L
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### For the sauce

1 Tbsp	Vegetable oil	15 mL
½ cup	Onion, minced	125 mL
1 – 28 oz can	Tomato, crushed	1 – 798 mL can
1 – 14 oz can	Tomato, diced, no salt added	1 – 398 mL can
4 cloves	Garlic, minced	4 cloves
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL
1 tsp	Basil, dried	5 mL
1 tsp	Oregano, dried	5 mL

### For the meatballs

1 lb	Lean ground beef	454 g
4 Tbsp	Dried bread crumbs	60 mL
1 tsp	Garlic powder	5 mL
1 Tbsp	Onion flakes or ¼ cup (60 mL) shredded onion	15 mL
2 Tbsp	Parsley, dried or ⅓ cup (75 mL) fresh, minced	30 mL
2 Large	Eggs, beaten	2 Large
1 tsp	Salt	5 mL
1 tsp	Pepper	5 mL

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## Directions:

### For the sauce

1. In a saucepan, heat oil; add onion and sauté until soft. Add tomatoes, garlic and spices. Bring to a boil, reduce heat and let simmer for 15 to 20 minutes. Add water if sauce is too thick

### For the meatballs

1. Preheat oven to 375°F (180°C). Lightly spray a baking sheet with non-stick cooking spray.
2. In a large bowl, mix all ingredients well and shape into small balls. Spread the meatballs onto prepared baking sheet. Bake in 375°F (180°C) oven for 30 minutes or until fully cooked and no longer pink inside (internal temperature of at least 160°F/ 71°C).
3. Add to prepared tomato sauce and cook on medium heat for another 10 minutes. Serve hot with cooked pasta.

Makes 8 servings (1 ¼ cup/ 310 mL/ 326 g)

Nutrition Facts	
Per 1/8 of recipe (1 ¼ cup /310 mL /326 g)	
Amount	% Daily Value
<b>Calories</b> 320	
<b>Fat</b> 9 g	<b>14 %</b>
Saturated 3 g + Trans 0 g	<b>15 %</b>
<b>Cholesterol</b> 75 mg	
<b>Sodium</b> 650 mg	<b>27 %</b>
<b>Carbohydrate</b> 43 g	<b>14 %</b>
Fibre 7 g	<b>28 %</b>
Sugars 3 g	
<b>Protein</b> 20 g	
Vitamin A	50 %
Vitamin C	40 %
Calcium	8 %
Iron	35 %

Nutrient Claim	Amount per serving
Very high in fibre	7 g
Very high in potassium	640 mg
Source of calcium	92 mg
Very high in magnesium	72 mg
High in folate	48 mcg
Very high in iron	4.6 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ¼
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	¾

This is a Choose Most Often recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.