



Meatballs in Onion Gravy



Servings: 4
Total Time: 50 mins
Cooking Time: 35 mins



INGREDIENTS

500g lean beef mince
1 large egg
1 onion, peeled & diced
1 Tbsp freshly chopped parsley
1 Tbsp freshly chopped chives
1 tsp green onion seasoning
2 tsp barbeque spice
1 Tbsp Worcester sauce
1 tsp finely chopped garlic
½ tsp finely chopped chillies (optional)
freshly ground salt & pepper, to taste
1 thick slice white bread
50ml water
2 Tbsp light olive oil
1 Tbsp butter
1 onion, peeled, halved & sliced
1 cup beef stock
1-2 Tbsp brown onion soup powder or
Brown Onion Soup Mix*



METHOD

Add the mince, egg, diced onion, parsley, chives, 1 tsp barbeque spice, Worcester sauce, garlic, chillies (if used) and salt & pepper to a large bowl and mix well. Place the bread in a saucer, pour on the water and allow to soak for 2 min. Pour off any excess water, mash the bread with a fork & mix it into the mince mixture well. Form about 12 balls with the mixture & sprinkle with 1 tsp barbeque spice. In a large frying pan on a high heat, melt the olive oil & butter, and brown the meatballs on all sides for about 10 mins. Add the sliced onion & gently fry for 3 mins. Add the beef stock, bring to a boil, reduce the heat & simmer covered for 10 mins. Over a medium high heat, stir in soup powder a little at a time until the gravy has thickened & cook for 5 mins. Serve.



Use *Banting Buttermilk Seed Loaf** instead of white bread.
Use *Brown Onion Soup Mix** instead of commercial soup powder.