

## MEAT BALLS

### *Sicilian Style*

4 servings

1 lb	ground beef	500 g
1	egg	1
½ cup	PASTENE Flavored Bread Crumbs	125 mL
2 tbsp	PASTENE Grated Parmesan Cheese	30 mL
½ tsp	each, salt and pepper	2 mL
1 tbsp	chopped fresh parsley	15 mL
1	large red onion, finely chopped	1
¼ cup	PASTENE Pure Olive Oil	60 mL
1 can	(28 fl. oz/796 mL) PASTENE Diced Ready Spiced Tomatoes	1
2 tbsp	PASTENE Tomato Paste	30 mL
1 tsp	sugar	5 mL
1 tbsp	PASTENE Balsamic Vinegar	15 mL
1	pinch each, nutmeg and cinnamon	1
	PASTENE Pasta of your choice	

- Mix thoroughly in a bowl: beef, egg, bread crumbs, Parmesan, salt and pepper, parsley, and onion. Shape mixture into balls about 1 inch (2.5 cm) in diameter.
- Heat olive oil in a skillet over medium-high heat. Brown meat balls on all sides and set aside.
- To the oil left in the skillet, add diced tomatoes, tomato paste, sugar, balsamic vinegar, nutmeg, and cinnamon. Cover tightly, and cook over medium-low heat for 15 minutes.
- Add the meatballs to the sauce and cook slowly for another 20 minutes. Serve with your favorite Pastene pasta.

