

Meatballs in Red Sauce over Couscous

Ingredients

Meatballs

- 1 lb ground chuck
- ⅓ cup plain breadcrumbs
- 1 egg
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp allspice

Sauce

- 1 sweet onion, chopped
- 1 28 oz can crushed tomatoes
- 3-4 cloves of fresh garlic, minced
- 1 bundle fresh parsley, chopped

Couscous

- 1 box fine couscous

Process

Combine breadcrumbs, egg, salt, garlic powder, onion powder, and allspice in medium-sized mixing bowl. After combining, add meat to mixture.

Heat 3 Tbsp of olive oil in pan over low heat. With wet hands, roll ground beef mixture into one inch balls and place in pan. Agitate pan after a few minutes so that browning can occur all over meatballs.

After sauteeing meatballs on light heat for 5-10 minutes, add to the pan the chopped onion, garlic, crushed tomato. After emptying the can of tomato, add about ½-1 cup of water to can and pour into pan if extra moisture is needed. Top sauce with fresh parsley. Add lid, increase heat to medium, simmer for approx 30 minutes, stirring occasionally and lowering heat to med-low or low if sauce is bubbling excessively.

In the meantime, follow instructions on box of couscous. Serve meatballs and sauce over couscous. Enjoy!