

Beef and Rice balls.



These spicy balls and the thick sauce go well with some microwaved vegetables.

cup = 250ml. T = tablespoon 20ml. t = teaspoon 5ml

To Make the balls put the following in a bowl.

1 Small onion chopped fine (approx 90g)

2T Green capsicum chopped fine

1/2 Cup short grain rice

1/4 t Cinnamon

1/4 t Clove powder

1T Tomato sauce (No added salt type)

1/4 t White pepper

1/4 t Vegetable stock powder (preferably low sodium but reduced sodium OK) otherwise delete.

Mix the above together then add

500g Minced steak

Mix together and make into 18 small balls

To make the sauce place the following in blender and blend until fluid.

500ml Water

4T Tomato paste (No added salt type)

1 400g can of tomatoes (select 10mg sodium per 100g or less)

1T Brown sugar

1T Worcestershire sauce (Lea & Perrins, salty stuff but lots of taste)

1/4 t Clove powder

1/4 t Cinnamon

In a pan with a lid boil up the sauce 5 minutes add balls and simmer with lid on for 20 minutes. Spoon the sauce over the balls and scrape below them and boil down with the lid off until the sauce thickens.

As the sauce will continue to thicken it is best left a little on the thin side. You will need a spatter guard.

If you do not have clove powder use 5 cloves in the sauce only.

Serves 6 and has about 120mg of sodium per serve (240g) ie. 50mg/100g.

This can be reduced by 20mg per serve if you use Melrose Organic Worcestershire.