Beef & liver meatballs



Ingredients

- Ground beef: 1 kg
- Zucchini: 1 medium, finely grated and squeezed completely dry in a towel
- Carrot: 1 medium, finely grated and squeezed completely dry in a towel
- Onion: 1 small, finely chopped
- Garlic: 4 cloves, or 1 tsp minced
- Liver capsules: 4 to 6 capsules (opened, powder only) - optional
- Plain breadcrumbs: ¾ cup
- Eggs: 2 large, beaten
- Salt & Pepper: 1 teaspoon salt, ½ teaspoon black pepper

The 2-Ingredient Sauce

- Passata: 700ml bottle
- Beef stock: 1 cup (250ml)

Instructions

1. Mix the Meatballs: Combine the beef, zucchini, carrot, onion, garlic, liver powder, breadcrumbs, beaten eggs, salt, and pepper in a large bowl. Mix thoroughly with your hands until completely uniform.
2. Shape: Roll the mixture into golf-ball-sized meatballs. You should get about 24 to 28 meatballs.
3. Sear: Heat 1 tablespoon of oil in your casserole dish over medium-high heat. Sear the meatballs in batches for 2 to 3 minutes until browned on the outside. Remove them and set them aside on a plate (they do not need to be cooked through yet).
4. Build the Sauce: Pour the passata and beef stock directly into the same cast iron pot. Stir well, scraping up any browned bits from the bottom of the pot. Bring the liquid to a gentle simmer.
5. Slow Cook: Carefully lower the meatballs back into the sauce. Cover the pot with the lid, turn the heat down to low, and let it simmer gently for 1.5 to 2 hours until the sauce is thick and the meatballs are tender.

Serve with quinoa, pasta, mash or a buddha bowl.