Low Tomato Bolognese Sauce with meatballs

Serves 4

Ingredients

1 tbsp. oil 400g minced beef ½ large onion, chopped ½ tsp ground nutmeg 1 carrot, chopped celery stick, finely chopped
garlic clove, finely chopped
reduced salt chicken or beef stock cube with 200ml water
100ml passata
10g fresh basil

Method

- 1. Preheat the oven to 180°C / 160°C Fan / 350°F / Gas mark 4.
- 2. Divide the 400g of minced beef into 16 evenly sized meatballs and roll them into shape. Then put the meatballs onto a baking tray.
- 3. Cook the meatballs in the oven for 20 minutes.
- 4. Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
- 5. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
- 6. Simmer on a low heat for about an hour. Put the lid of the pan slightly ajar to let out the steam.
- 7. Add the sauce to the cooked meatballs. Serve with pasta and garlic bread.

Nutritional Information (per portion)	
Energy (kcal)	280
Protein (g)	20.9
Potassium (mg/mmol)	455/11.4
Phosphorus (mg/mmol)	176/5.6
Sodium (mg/mmol)	397/17.1



This recipe is taken from the Kidney Friendly Cookbook produced by Dietitians and Dietetic Support Workers at a Paediatric Renal Unit in the UK. Please check with your Dietitian or Doctor that this recipe is suitable for you.