

Anna's Italian Pork Meatballs



Ingredients

- 450 grams ground pork
- ¼ cup seasoned bread crumbs
- ¼ cup fresh grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- ¼ cup low salt beef broth
- 2 tablespoons chopped black olives
- 2 cloves garlic, minced
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 cups low salt tomato sauce

Instructions

1. In a large bowl, thoroughly combine ground pork, bread crumbs, Parmesan cheese, parsley, basil, beef broth, garlic, black olives, salt and pepper.
2. Form into 1 " meatballs.(Makes approx 20 to 25 meatballs)
3. In a large pot, add tomato sauce and bring to a light simmer.
4. Add meatballs to sauce and let simmer covered for 25 minutes or until meatballs are thoroughly cooked.

DO NOT STIR for 10 minutes or meatballs will break apart.

Nutrition Note: 4 meatballs is one serving

Per Serving: Size 115Grams; Calories 290; Total Fat 18grams; Cholesterol 60mg; Sodium 350mg; Total Carbohydrates 12g; Dietary Fiber 2 Grams; Protein 17 grams.

