



Prep time 15 minutes | **Cook time** 50–55 minutes | **Serves** 4–6

Simple Meatballs

This simple, budget-friendly family favourite has been passed down through generations.

Ingredients

Meatballs

- 750 g minced beef or lamb
- 1 cup cooked rice
- 1 small onion, finely chopped
- 2 tbsp tomato sauce
- 1 tbsp soy sauce
- 1 tsp salt

Sauce

- 1 cup tomato purée
- ½ cup beef stock
- 1 tbsp brown sugar

Method

In a large bowl, mix all meatball ingredients until well combined.

With wet hands, shape mixture into small meatballs.

In a large frying pan, combine sauce ingredients and bring to the boil. Reduce heat and simmer for 5 minutes.

Add meatballs to the pan and simmer gently for 45–50 minutes, turning once. Add a little water if needed to prevent drying out.

Serve with spaghetti or rice and seasonal vegetables.



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Meet your chef

This recipe has been in our family for a long time – it is a simple and cheap family meal that everyone enjoys.

We taught our three boys to make this evening meal when they were all quite young, they enjoyed getting their hands in the mix and shaping the meatballs. Now, they are teaching their kids how to make it. Little hands get messy, but it's lots of fun too!

We hope you enjoy making these as much as you enjoy eating them.

Colin McIntosh - Otago



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Through this partnership, quality protein and dairy products from Pāmu farms help reach food banks and community organisations across the country — supporting families and strengthening communities.



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