[Tomato Kidney Bean Sauce](#)

I love my kidney beans and in this recipe I have combined my kidney bean sauce with some yummy herb cheese meatballs

Tomato Kidney Bean Sauce with Meatballs

Ingredients

Sauce

1 400g (12oz) can diced Italian tomatoes
3 tbsp tomato paste
1 cup stock (broth)
1 tsp dried rosemary
1 tsp dried oregano
1 tsp dried thyme
1 tsp dried basil
1 400g tin well drained kidney beans
½ cup tomato paste
Salt and pepper to season
½ cup chopped Italian parsley

Meatballs

400g beef or lamb mince
½ onion chopped finely, red onion is great
1 egg, lightly beaten

1/2 cup bread crumbs, gluten free if required
1 tsp dried parsley
1 tsp dried rosemary
2 tbsp grated carrot
Sea salt and freshly ground black pepper to taste
2 -3 tbsp olive or coconut oil
200g mozzarella cheese, the dryer the better, diced into small chunks (Optional)

Method

In a large bowl, combine all ingredients for the meatballs except the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all mixed evenly.

Lightly oil the palms of the hands, and shape into medium sized, 3-4 cm meatballs. Push back any mozzarella pieces that poke through the meat – they can melt and burn.

Heat a medium sized frying pan large enough to hold the meatballs. If this is not available, work in batches. Sauté meatballs over medium-high heat, turning as you cook, to brown all sides. When browned, lower heat and cook, covered, for ten minutes turning frequently. Remove from the heat, leave the meatballs in the pan and set aside.

Sauce

In a pot over a medium-high heat combine all the ingredients and season with salt and pepper. Bring to a simmer and reduce be half. Once reduced pour over the meat balls and combine to coat the meat all over. Place over heat and simmer for ten minutes, turning often.

Serve the meatballs over rice or pasta and top with the remaining sauce, sour cream and garnished with parsley or

chives.