

Italian Lamb Meatballs

Ingredients:

Meatballs:

1 lb ground lamb
1 cup cracker crumbs
½ cup parmesan cheese
1 tablespoon minced parsley
2 garlic cloves minced
½ cup cream
1 tsp salt
½ tsp rosemary
½ tsp pepper

Sauce:

5 cups cooked or canned tomatoes
1 cup minced parsley
1 cup chopped onion
1 cup minced green pepper
1 tablespoon honey
2 small bay leaves, crumbled
1 tsp Worcestershire

Preparation:

Meatballs: Combine all ingredients, shape into balls and gently sauté in a non-stick skillet until cooked to medium temperature (160 degrees with a light pink center).

Sauce: Combine all ingredients and simmer for 30 minutes.

Add meatballs to sauce and simmer 5-10 more minutes. Spoon over any pasta, or enjoy on a hoagie roll as a sandwich.