






Meatballs in a Spicy Black Bean Sauce

 Prep time:	20 minutes
 Cook time:	30 minutes
 Serves:	4



Ingredients

- 400 g lean beef mince
- ½ small onion, very finely chopped
- ½ cup fresh breadcrumbs (approx 1 slice bread, crusts removed)
- 2 Tbsp chopped coriander or parsley
- 1 egg, beaten
- 1 small red onion, finely chopped
- 1 clove garlic, crushed
- 1 medium red capsicum, deseeded and diced
- 2 sticks celery, finely chopped
- 1 Tbsp tomato paste
- ¼ -½ tsp chilli flakes
- 400g can **Wattie's Black Beans in springwater**, drained
- 400g can **Wattie's Mexican Style Tomatoes**

Method

1. Put mince, onion, breadcrumbs and coriander into a mixing bowl. Season with salt and pepper. Mix in beaten egg to bind the mixture together. Roll into 16 small balls (having wet hands is easier). Place meatballs on a tray and refrigerate for 10 minutes.
2. Heat a dash of oil in a lidded frying pan. Brown meatballs over a high heat. Remove from pan and set aside.
3. Reduce the pan heat. Add onion, garlic, red capsicum and celery. Cook over a low heat until vegetables soften. Add chilli flakes and stir in tomato paste.
4. Add **Wattie's Black Beans**. Pour over **Wattie's Mexican Style Tomatoes**. Bring sauce to the boil. Add browned meatballs. Reduce heat. Cover. Simmer for 30 minutes until meatballs are cooked. Serve over rice and garnish with fresh coriander leaves.

