

Sweet Onion Meatballs

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These meatballs are delicately flavoured with the flavour of sweetened red onion and chilli powder. Adjust the seasoning if this is too hot for you, or add more if you like it hot.

Ingredients:

400g lean ground beef
2 red onions
1 tbsp. garlic powder
2 tbsp. chilli powder
Salt and pepper
Olive oil

Directions:

1. Peel the onions and chop them as finely as you can.
2. Pour a little bit of olive oil into a pan and tip the chopped onions in. Cook them for around 20 minutes or until they become sweet and translucent – don't let them colour.
3. Leave them to cool slightly and then tip the onions into a large bowl. Combine them with the ground beef, garlic powder, chilli powder and seasoning.
4. Form the mixture into balls and then place them on a non-stick baking tray. Cook them for around 20 minutes at 180C and serve them with the sauce of your choice.

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