



Lamb Meatballs and Sauce

Savannah · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 50 mins

Description

These baked ground lamb meatballs are a quite flavorful alternative to traditional meatballs

Ingredients

- - ½ cup dry bread crumbs - ½ cup milk - 1 ¼ pounds ground lamb - 1 egg
- beaten - 3 cloves fresh garlic
- minced - 2 tablespoons olive oil - 1 tablespoon tomato paste - 1 tablespoon chopped fresh rosemary - 1 tablespoon ground cumin - 1 ½ teaspoons salt - 1 teaspoon dried oregano - ½ teaspoon freshly ground black pepper - ¼ teaspoon ground cinnamon - 1 pinch cayenne pepper - 3 cups tomato sauce - 1 cup chicken stock - 2 tablespoons chopped fresh mint - 1 pinch red pepper flakes
- or to taste

Instructions

1. Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil; oil lightly. Combine bread crumbs and milk in a small bowl. Soak bread crumbs until milk is absorbed
2. about 30 minutes. Combine bread crumb mixture
3. lamb
4. egg
5. garlic
6. olive oil
7. tomato paste
8. rosemary
9. cumin
10. salt
11. oregano
12. black pepper
13. cinnamon
14. and cayenne pepper in a large bowl. Form lamb mixture into 2-inch meatballs and place on the prepared baking sheet. Cook meatballs in the preheated oven until they are slightly browned
15. about 15 minutes. Remove from the oven and set aside. Combine meatballs
16. tomato sauce
17. chicken stock
18. fresh mint
19. and red pepper flakes in a large sauce pan over medium heat until meatballs are no longer pink inside
20. about 45 minutes.