

Meatballs Braised In Tomato Sauce

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-capsicum-recipe-mince-and-rice>

Ingredients:

- 3 slices white bread crusts removed
- 1 cup whole milk
- 500 grams mince ground pork shoulder
- 3 slices prosciutto finely chopped
- 1 cup Parmigiano Reggiano
- 2 large eggs
- sea salt
- freshly ground black pepper
- 2 tablespoons olive oil
- 1/2 red capsicum large, cored, seeded, and cut into small dice
- 1 1/2 liters tomato sauce
- bread crumbs toasted, to serve
- tomato sauce
- 1/2 cup olive oil
- 4 large garlic cloves peeled and smashed
- 400 grams tomatoes cans whole, with their juices
- sea salt
- 1 pinch chilli flakes

Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 141 grams
3. Cholesterol: 145 milligrams
4. Fat: 72 grams
5. Fiber: 18 grams
6. Protein: 32 grams
7. SaturatedFat: 19 grams

8. Sodium: 3200 milligrams
 9. Sugar: 80 grams
-

Thank you for visiting our website. Hope you enjoy Meatballs Braised In Tomato Sauce above. You can see more 18 italian stuffed capsicum recipe mince and rice Discover culinary perfection! to get more great cooking ideas.