

# Veal Meatballs in Red Wine Sauce

Yield: 30 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-veal-meatballs>

## Ingredients:

- 3/4 cup whole milk
- 1/2 cup dried breadcrumbs fine
- 1/2 pound ground pork
- 1/2 pound ground beef such as ground chuck
- 1/2 pound ground veal
- 1 teaspoon kosher salt chunky
- ground black pepper Freshly
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne
- 1/4 cup Italian parsley finely chopped
- 2 tablespoons chopped fresh sage
- 1 herb
- 3/4 cup yellow onion finely diced or grated, from about 1 small yellow onion
- 2 large garlic cloves finely minced or grated
- 1/3 cup grated Parmesan cheese
- 2 large eggs beaten
- olive oil
- 1 yellow onion small
- 6 cloves garlic
- olive oil
- 2 tablespoons tomato paste
- 2 cups red wine such as Cabernet Sauvignon
- 1 cup beef broth
- 32 ounces plum tomatoes 1 can whole
- 1 fresh rosemary 4-inch long sprig
- 1/2 teaspoon salt
- freshly ground black pepper

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 210 milligrams
9. Sugar: 2 grams

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