

The Best Homemade Meatballs

A base recipe with two delicious serving suggestions

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INGREDIENTS

- 1kg (just over 2 pounds) minced meat
- 2 eggs
- 1pkg (for 750ml soup) French onion soup
- 200g (about 1 cup) sour cream or smetana
- 1tsp salt
- 1tsp freshly ground black pepper
- 2tbsp mustard
- 1/3 bunt of fresh dill
- 1/3 bunt of fresh parsley

For Tomato Sauce (about 2 servings)

- 1 medium white onion
- 2 garlic cloves
- olive oil
- 1tbsp tomato paste
- 1tsp salt
- freshly ground black pepper
- 1tsp dry oregano
- 1 can (400g) plum tomatoes
- ½ can cold water
- parmesan cheese and fresh parsley for serving

For Mustard Sauce (about 2 servings)

- 1 medium white onion
- 2 garlic cloves
- olive oil
- 1tbsp mustard
- 300-500ml (about 1 ¼ cup to 2 ¼ cup) cream or milk
- salt & freshly ground black pepper
- 1tbsp all purpose flour
- fresh parsley for serving



DIRECTIONS

1. In a large bowl combine the French onion soup, the sour cream and the eggs. Mix well with a fork until combined. Season with salt, freshly ground black pepper and add in the mustard. Mix again shortly. Leave aside.
2. Wash the dill and the parsley well, remove the hard ends and chop really finely.
3. Add the herbs to the bowl along with the minced meat. Mix everything thoroughly with your hands until the ingredients have combined and the mince has softened.
4. Cover a baking tray with aluminium foil and parchment paper (this will save you some washing up). Take a heaped tablespoon full of the mince and form it into a ball with your hands. Arrange the meatballs on the baking tray with a little space apart.
5. Bake the meatballs in the oven in 200°C (392°F) bottom top heat at the middle shelf of the oven for 30 minutes.
6. Remove from the oven and serve right away or cool completely, transfer into an airtight container and refrigerate or freeze for later.
7. To make the tomato sauce peel and slice the onion and the garlic cloves. Heat a pan over medium heat and once warm, cover the bottom with some olive oil. Add the onion and the garlic and cook until soft. Then add tomato paste, a can of plum tomatoes, wash the can with about half a can of cold water and also add into the pan. Break the tomatoes a little with a spoon. Season with salt, freshly ground black pepper and oregano. Mix shortly, cover with a lid and simmer on low to medium heat for 10-15 minutes. Add in the meatballs, coat them well with the sauce, cover with a lid, turn off the heat and allow the meatballs to absorb the flavour from the sauce for about 10 minutes. Serve with freshly cooked spaghetti or any other pasta, grate some parmesan cheese on top and garnish with fresh parsley.
8. To make the mustard sauce peel and finely chop the onion and the garlic cloves. Heat a pan over medium heat and once warm, cover the bottom with some olive oil. Add the onion and the garlic and cook until soft. Add a big tablespoon of mustard, mix in shortly. Add the cream or the milk, mix shortly. Turn the heat to high to bring to boil. In the meantime season with salt and freshly ground black pepper. Once boiling add the meatballs, turn the heat down to low, coat the meatballs with the sauce, cover with the lid and simmer for about 10 minutes. Portion the mashed potatoes on your plates, add the meatballs on top. Bring the sauce back to simmer, whisk in the flour and continue whisking while heating until the sauce thickens up. If you notice that it has gone too thick, add some more cream or milk until you are happy with the consistency. Portion the sauce on top of the mashed potatoes and meatballs and garnish with some fresh parsley.