**Meatballs in Tomato Sauce**

Tomato Sauce

450g fresh tomatoes finely chopped or

1 x 480g tin chopped tomatoes

1 medium onion finely chopped

2 tsp. tomato puree

Salt and pepper to taste

1 tbsp. olive oil

1. Pour oil in saucepan and add onion
2. Cook for 2 minutes and add the rest of ingredients
3. Stir well and leave to cook slowly for ½ hour
4. Check for taste and consistency

Meatballs

250g lean minced lamb

1 finely chopped onion

1 tsp. oregano

30g. fresh wholemeal breadcrumbs

1 tsp chopped or pureed garlic

1 tsp. barbeque sauce

Salt and pepper

1. Put all the ingredients in a bowl or mixer and mix well
2. Divide and shape the mixture into small balls
3. Place on a well-greased tin
4. Cook in a medium oven for about 45 minutes
5. Remove from the oven, drain away the excess fat and add to the tomato sauce

**Beans Burgers**

1 green pepper chopped

2 tbs. olive oil

1 onion finely chopped

1 carrot finely chopped

1 clove garlic crushed

½ tsp. ground coriander

½ tsp. ground cumin

2 x 800g tins mixed beans salad drained

1 tbsp. tomato puree

60g fresh wholemeal breadcrumbs

60g grated cheese (optional)

1. Heat oil in a pan, add onion and cook for 5 minutes
2. Add carrot, green pepper, garlic and spices and cook for 5 minutes, remove from heat
3. Mash beans in a large bowl and add tomato puree and the onion mixture, and mix well
4. Shape into burgers and place on a greased baking tray
5. Cook for about 25 minutes in a preheated oven gas mark 6

**Mixed Bean Stew**

1 800g mixed bean salad

1 finely chopped onion

4 fresh tomatoes finely chopped

1½ pepper (red, green, yellow) diced

2 carrots diced

1 tsp tomato puree

1 tbsp. olive oil

1 tsp. crushed garlic

1 tsp. thyme

Salt and pepper to taste

1. Cook onion in oil for 2 minutes
2. Add garlic and cook for another 3 minutes
3. Mix in tomato puree and add the rest of the ingredients plus the drained and rinsed beans
4. Cook for ½ hour at gas mark 6 – stirring occasionally
5. A just seasoning and serve