

Spanish Lamb and Beef Meatballs with Essential Oils

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Categories : Ground Meats, Meatballs, Beef, Lamb, Entrée, Appetizer

Amount Measure Ingredient -- Preparation Method

1 pound lean ground organic **lamb**

1 pound lean organic ground beef

2 eggs -- lightly beaten

1/2 cup Panko bread crumbs

2 tablespoons finely chopped Parsley and/or Fresh Basil

1 drop Peppermint Essential oil, 1 drop Basil oil

Salt and freshly ground pepper

1 large onion -- finely chopped

2 garlic clove -- finely chopped

1 cup dry white wine

1 cup beef broth

2 cups tomato puree

2 drops Orange Essential Oil

In a bowl, mix the **lamb** with the egg, bread crumbs and 1 tablespoon of the mint. Season with salt and pepper. Form the mixture into 1.5-inch balls.

Place meatballs on parchment lined baking sheet. Bake uncovered in a preheated 350 oven for 45 minutes or until all pink is gone.

Add the onion and garlic to the skillet and cook over moderate heat until softened, about 8 minutes. Add the wine and cook, stirring, until reduced by half, about 5 minutes. Transfer the mixture to a food processor. Add the remaining 1 tablespoon of parsley and puree.

Return the onion puree to the skillet. Add the broth, tomato puree and meatballs and simmer over low heat until the meatballs are cooked through, about 10 minutes. Add 2 drops of Orange Essential oil at the end. Add meatballs to sauce and simmer. Season with salt and pepper and serve.

NOTES : MAKES ABOUT 30 MEATBALLS