



Eggplant Meatballs in Tomato Sauce



PREP TIME

30 MIN

COOK TIME

90 MIN

TOTAL TIME

120 MIN

SERVES

6



INGREDIENTS

For the Eggplant Meatballs

- 1 Large eggplant (approx. 1.5 pounds)
- 2 cups fresh breadcrumbs
- ½ cup milk (cow, soy, almond, coconut)
- ½ cup Parmesan cheese, shredded
- 2 large eggs
- 1 tsp salt
- 1 tsp fresh black pepper
- 2 tbsp fresh parsley, minced
- 2 tbsp fresh basil, minced

For the Tomato Sauce

- 2 tbsp olive oil
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 2 tsp Italian seasoning
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 2 (28 ounce) cans San Marzano tomatoes
- 1 tsp granulated sugar (optional)
- ¼ cup fresh basil, chopped

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INSTRUCTIONS

For the Meatballs

Step One

Preheat oven to 375° F. Wash and dry your eggplant and prick all over with a fork. Place the eggplant on a large baking sheet lined with parchment paper. Roast in the oven for approximately 45-60 minutes, or until very soft. Remove from the oven and allow to cool slightly before scraping the eggplant flesh from the skin into a large mixing bowl and use a large fork to break apart into small bits and pieces.

Step Two

In a separate bowl, mix the breadcrumbs with the milk and mix well to combine. Transfer to the mixing bowl with the eggplant.

Step Three

Once the eggplant has cooled, add the remaining ingredients for the meatballs (Parmesan cheese, eggs, salt, pepper, parsley, and basil). Use your hands to mix everything together until fully combined.

Step Four

Meanwhile, preheat oven to 375° F. and line a large baking sheet with parchment paper. Form the eggplant mixture into approximately 24 balls, rolling tightly between the palms of your hands, and transferring to the prepared baking sheet. Bake until firm and golden, approximately 20-25 minutes.

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For Serving

- 1 pound pasta, cooked according to package instructions
- Grated Parmesan cheese
- Fresh basil

NOTES

- ★ Double the meatballs and freeze the leftovers in a ziplock bag after they have been cooked.
- ★ Swap the pasta for spaghetti squash to help keep the carbs down.
- ★ Leftovers are fantastic the next day. I recommend storing the meatballs and the sauce separately to prevent them from turning soggy.

Step Five

Remove from the oven and serve with homemade tomato sauce (below) or your favorite store-bought sauce and pasta.

For the Tomato Sauce

Step One

Heat the olive oil in a large pot over medium-high heat. Add the onions and cook until soft, approximately 5 minutes, stirring often.

Step Two

Add the garlic, Italian seasoning, salt, and black pepper to the onions. Mix well and continue to cook for an additional 30-60 seconds.

Step Three

Add the canned tomatoes (with their juices) to the pot and mix well to combine. Cover and reduce heat to medium-low. Allow tomatoes to simmer for 10 minutes, stirring occasionally. Remove cover, stir in the sugar and fresh basil leaves, and continue to simmer for 5 minutes more.

Step Four

Working in batches, transfer tomato and onion mixture to a large, high-speed blender. Process until desired consistency is reached (careful not to over-process as it can quickly turn into soup). Repeat until all the tomatoes and onions have been blended.

Step Five

Return sauce to the pot over low heat and season with additional salt and pepper, to taste.