

## Smothered Meatballs

### Ingredients

#### Meatballs:

8 oz ground beef

¼ cup onion, fine chop

¼ cup green bell pepper

¼ cup bread crumbs

1 tbsp parsley, fine chop

1 tsp black pepper

1 tsp salt

2 tbsp olive oil

1 cup bottled Italian tomato sauce

### Method

Combine all meatball ingredients and form into 8 round meatballs.

Heat convectionware over medium heat on the stove, add olive oil, and place meatballs in the pan, lightly browning on all sides.

Remove convectionware from stove and add sauce, stirring to coat meatballs.

Seal convectionware lid and bake in a 450 degree oven for 18 minutes.

**Quick Tip:** Substitute your favorite raw bulk sausage for the meatballs.