



Spiked Meatballs In



Cinnamon Scented Tomato Sauce

1 pound lean ground pork (10% or less fat)

4 teaspoons extra virgin olive oil

½ cup whole grain wheat

1 (14½ ounces) Italian or fire roasted chopped tomatoes

½ cup chopped flat leaf parsley

1 tomato sauce (8 ounce can)

1 large onion chopped

1 John Henry 3 Lick Spiker Ale (12 ounce bottle)

2 eggs

1 cinnamon stick

1 teaspoon ground cumin

3 garlic cloves, minced

1 teaspoon salt

¼ teaspoon pepper

(1) Combine the pork, whole wheat, parsley, half of the onion, one third of the garlic, eggs, cumin, ½ teaspoon of salt, 1/8 teaspoon of the pepper in a bowl. Knead the mixture well. Then cover and refrigerate for about 30 minutes or up to 4 hours. Shape the meat mixture into about 30 walnut size meatballs.

(2) Heat the oil in a skillet over medium heat. Add the remaining onion and garlic. Cook stirring frequently until the onion is golden, about 7 to 10 minutes. Add the tomatoes with their juice, the tomato sauce, John Henry 3 Lick Spiker Ale, cinnamon stick, the remaining ½ teaspoon of salt and 1/8 teaspoon of pepper and meatballs to the skillet. Bring everything to a boil. Reduce the heat, simmer and cover until meatballs are cooked through and the sauce thickens slightly. This will take about 20 minutes.

(3) Remove the cinnamon stick. The meatballs are ready to serve. With a room temperature snifter glass of John Henry 3 Lick Spiker Ale. ENJOY!

