

Echidna Balls

Ingredients

800g beef mince

2 eggs

1 cup cooked long-grain white rice

2 x 400g cans condensed tomato soup



Instructions

1. Preheat the oven to 180°C.
2. In a bowl, combine the beef, eggs, rice and season with sea salt and pepper to taste.
3. Mix well and form into 4cm diameter meatballs.
4. Place in a large baking dish and cover with the soup
5. Take each can and swirl $\frac{1}{4}$ cup water in it, add this liquid to the meatballs.
6. Bake for 50 minutes or until the mince is cooked through.

Recipe Notes

Serve with mashed potato and steamed veggies like broccoli and carrot. For extra veggie content, add grated carrot and zucchini to the mince mixture.