

# Spaghetti and Meatballs

## Ingredients

### *For the Meatballs*

- 2 slices stale Italian or white bread
- 2 Tbsp milk or water
- 1 lb ground beef
- 1/2 lb ground pork
- 1/2 cup Italian breadcrumbs
- 1/2 cup shredded Parmesan cheese
- 3 Tbsp chopped fresh parsley
- 4 garlic cloves, minced
- 2 eggs
- 1 Tbsp Italian seasoning
- salt and black pepper to taste
- 1/4 cup olive oil

### *For the Sauce*

- olive oil as needed
- 1 onion, chopped
- 5 cloves garlic, minced
- 1 28 oz can chopped tomatoes
- 1 28 oz can tomato puree
- 1 Tbsp Italian seasoning
- 1 1/2 tsp sugar
- 2 large bay leaves
- salt to taste
- 1 6-oz can tomato paste
- 1 tsp basil
- 1 tsp oregano
- 1 tsp garlic powder
- 1 cup Parmesan cheese

### *For the finished dish*

- 1 lb spaghetti
- additional Parmesan cheese to taste

## Directions

### *Make the meatballs*

Place the bread slices in a bowl and pour milk or water on them. Let rest

a couple of minutes, then squeeze out as much liquid as possible. Tear the bread into small pieces and put them into a large bowl.

Add ground beef, ground pork, breadcrumbs, Parmesan cheese, parsley, garlic, eggs and Italian seasoning to the bowl. Season with salt and pepper. Using your hands, thoroughly mix the ingredients. Form into about 12 large meatballs, or whatever size you like.

Heat olive oil over medium-high heat in a saute pan. Add the meatballs and brown on all sides. Remove to a plate covered in paper towels and place in the refrigerator.

#### *Make the sauce*

Scrap and remove any large pieces of meat left on the saute pan. Add olive oil so you have a thin layer covering the whole pan. Heat over medium heat. Add the chopped onion and cook until golden. Add the garlic and cook for an additional minute. Add the diced tomato and the tomato puree. Add the Italian seasoning, sugar, bay leaves and salt. Stir, bring to a boil, then cover, turn down the heat and simmer for at least 1 1/2 hours.

Stir in the tomato paste, basil, oregano, garlic powder and Parmesan cheese. Add the meatballs and simmer on low for 30 minutes, turning at least once.

#### *Make the spaghetti*

Boil spaghetti according to package instructions. Serve covered with the sauce, meatballs and additional Parmesan cheese.

<http://www.marga.org/food/int/italianamerican/spag.html>