



Meatballs and Spaghetti

Meatball Recipe

- 1 pound ground sirloin
- 1 pound ground chuck
- 2 eggs
- 1/3 cup milk
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup Italian breadcrumbs (or more if necessary)
- 1/4 cup Parmesan cheese
- 1 tablespoon fresh chopped parsley (or 1 teaspoon parsley flakes)
- 2 teaspoons salt
- 1 teaspoon dried oregano leaves
- 1 teaspoon black pepper
- 1/8 teaspoon allspice

Preheat oven to 350 degrees. In a large mixing bowl, combine the ground sirloin, ground chuck and remaining ingredients. Blend mixture with your hands. Try not to overwork the meat or your meatballs will be tough. Roll meatballs to desired size (I like them about the size of a golf ball). Add more breadcrumbs if the meatballs will not hold their form. Place meatballs on a large shallow baking sheet coated with cooking spray. Bake until golden brown, about 20 minutes. *Makes approximately 24 meatballs.*

Red Gravy Recipe

- 2 tablespoons olive oil
- 1 tablespoon bacon grease
- 1 large onion, chopped
- 1 garlic clove, minced
- 2 6-ounce cans tomato paste
- 1 28-ounce can tomato puree
- 2 tomato puree cans of water
- 2 bay leaves
- 1/2 teaspoon cayenne pepper
- Salt and black pepper to taste
- 1 tablespoon fresh chopped parsley (or 1 teaspoon parsley flakes)
- 1 tablespoon fresh chopped basil (or 1 teaspoon dried basil leaves)



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In a large sauce pan, heat olive oil and bacon grease over medium-high heat. Add onions and garlic; cook until tender, about 5 minutes, stirring frequently. Add tomato paste. Fry paste mixture for about 5 minutes, stirring constantly to prevent burning. (This extra step brings out the sweetness in the tomato paste.) Add tomato puree and water. Stir until the paste mixture is fully blended with the puree and water. Add bay leaves, cayenne pepper and salt and black pepper to taste. Bring sauce to a boil, stirring frequently. Reduce heat to simmer; cook, partially covered for 30 minutes. Add cooked meatballs to sauce; cook, partially covered, for an additional 2 hours. Stir occasionally to prevent sauce from sticking to pan. About 10 minutes before cooking time ends, stir in fresh parsley and basil. Season to taste with salt and pepper. Makes about 10 cups of sauce.

To complete the meal, cook a pound of spaghetti in a large pot of boiling salted water until just tender. Drain. Plate the pasta and spoon a couple of meatballs and a generous amount of red gravy on top. Serve with freshly grated Parmesan cheese and lots of French bread. This recipe will make enough food to satisfy 8-10 hungry adults. Any leftovers can be frozen or reheated later in the week for some over-the-top meatball po-boys.