



## MEATBALLS

- 1 lb. 80/20 ground beef
- 1 large egg, slightly beaten
- ½ c. Parmigiano-Reggiano cheese, grated
- ½ c. Italian bread crumbs
- ½ white or yellow onion, small dice
- 1 clove garlic, minced
- 2 T. fresh basil, chopped (or 1 T. dried)
- 1 tsp. fresh oregano, chopped (or ½ tsp. dried)
- 1 T. fresh Italian parsley, chopped (or ½ T. dried)
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- ½ tsp. red chile flakes (optional)
- ½ c. extra virgin olive oil
- spaghetti sauce (optional; prepared or homemade)

In a large bowl, combine ground beef, egg, cheese, bread crumbs, onion, garlic, basil, oregano, parsley, salt, pepper and chile flakes; mix well.

Roll into meatballs, a little larger than a golf ball. Heat oil in a large skillet over medium heat, OR place on a greased baking sheet and bake at 350 degrees.

Either way, turn frequently to brown well on all sides. To test for doneness, a meat thermometer should reach 150 to 160 degrees. If using a spaghetti sauce, brown meatballs on all sides and place in a sauce to continue cooking and flavor the sauce.

## QUICK MARINARA SAUCE

- ¼ c. olive oil
- ½ medium yellow onion (small chop, approx. 3 T)
- 3 cloves garlic (small chop)
- 1 28 oz. can San Marsano Tomatoes (medium chop), or good quality tomatoes
- 6 oz. tomato paste
- 1 small bunch basil leaves or 2 tsp. dried basil
- 2 tsp. dried oregano
- ¼ tsp. red pepper flakes
- 1 tsp. white sugar
- Salt and pepper to taste
- ½ cup water or chicken broth; you may need more depending on the thickness of the sauce

Place olive oil into medium sauce pan along with the onions on medium heat or 5 on your stove, then add garlic and cook together until onions are translucent and you can smell the garlic.

Now add tomato products and then add the herbs and spices.

Finally, add the liquid and let simmer for about 30 minutes until the mixture thickens.

**Note:** During the time that the sauce is cooking, you may add the meatballs and/or sausage you have cooked earlier.