

Spaghetti with Meatballs

Meatballs:

1 tsp	olive oil
1	medium onion, finely chopped
1	garlic clove, minced
2 lbs	lean ground beef
3 slices	dried bread cubes, soak in milk or water then squeeze dry
2 tbsp	Italian parsley, minced
½ cup	Parmesan cheese, grated
2	eggs

- In small non-stick fry pan; heat oil and sauté onion and garlic
- In large bowl; combine all ingredients.
- Gently knead the mixture with your hands without squeezing it.
- When all the ingredients are evenly combined, shape gently into 16 meatballs about 1-½ inches in diameter.
- Cook on greased baking sheet, in pre-heated 350°F oven for 30 minutes, turning to brown all sides. Makes 8 servings.

Sauce:

2 tbsp	olive oil
3	garlic cloves, minced
1	medium onion, chopped
2 cans	12oz tomato paste
2 cans	28oz tomatoes, drained, seeded & chopped
2 tsp	basil
1 tsp	oregano
pinch	crushed red pepper (optional)
6 cups	water
2 tbsp	Italian parsley, chopped
	freshly ground pepper to taste

- In a large saucepan over medium heat, heat oil.
- Sauté garlic and onion; cook until onion is translucent.
- Add tomato paste; cook stirring until darkened slightly, about 5 minutes.
- Stir in tomatoes, basil, oregano, crushed red pepper, water, parsley, pepper, meatballs, and bring to boil.
- Reduce heat to low and simmer 90 minutes.
- Season with freshly ground pepper to taste.
- Serve over whole wheat pasta.