

# TRADITIONAL SPAGHETTI WITH MEATBALLS

*IF: Gathering, September 2020*

## *For the Meatballs*

- 1 1/2 pounds ground beef
- 1/4 cup minced yellow onion
- 1/4 cup grated Parmesan cheese
- 1/4 cup Italian bread crumbs
- 1 egg, beaten
- salt and pepper
- 1/4 cup olive oil

## *For the Sauce*

- 1 large yellow onion, sliced
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 18 ounces tomato paste
- 3 cups water
- 1 tbsp dried oregano
- 1 tbsp dried basil
- salt and pepper
- 16 ounces spaghetti noodles, cooked al dente

## INSTRUCTIONS

1. Combine ground beef, minced onion, cheese, bread crumbs, egg, and a pinch each of salt and pepper in a large bowl. Form mixture into walnut-sized balls.
2. Heat olive oil in a large saute pan over medium-high heat and add meatballs. Cook meatballs, turning occasionally, until evenly browned.
3. Remove meatballs from the pan and place on a plate with a paper towel while you cook the sauce.
4. Drain excess oil from pan, leaving about 1/4 cup of oil remaining for the sauce.
5. Add sliced yellow onion and mushrooms to the pan, sauteing until onions are translucent. Stir in garlic and cook until just fragrant.
6. Add tomato paste, water, dried herbs, and salt and pepper to the pan, and mix well.
7. Return meatballs to the pan and simmer sauce for 1 - 3 hours, stirring occasionally and adding additional liquid, as needed.
8. Taste sauce for seasoning, and serve meatballs and sauce over cooked spaghetti noodles. Top with additional grated Parmesan cheese, if desired.

AS YOUR DAYS, SO SHALL YOUR STRENGTH BE.

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