



OFS COOKING AT HOME

(with Laila)

Recipe

MEATBALLS AND SPAGHETTI



For # people

6 servings



Cooking time

45 minutes

Ingredients:

- ½ cup bread crumb
- 2 lb lean ground beef 85/15 fat content
- 1/4 cup cheddar cheese shredded
- 1 large egg
- 1 cup tomato sauce
- 4 garlic cloves minced
- 1 Onion medium chopped
- 2 Tbsp parsley finely chopped
- 1 lb spaghetti
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 Tbsp olive oil to sautee
- 2 bay leaves
- Fresh basil (optional)

Directions:

How to Make the Best Italian Meatballs:

- In a large mixing bowl add: 1 lb ground beef, 1/4 cup cheddar, 4 minced garlic cloves, 1 tsp salt, 1/4 tsp black pepper, 1 egg and bread crumbs. Mix until well combined.
- Form into 1 1/2" meatballs (about a flat ice cream scoop of meat). Dredge/roll meatballs in flour, dusting off excess. Heat a deep, large, heavy skillet or a Dutch oven over medium heat with about 3 Tbsp oil. Add meatballs in 2 batches without crowding the pan and saute until browned on all sides (about 6 min total or 2 min per side). Remove meatballs and set aside (don't worry about cooking through at this point).

How to Make Easy Marinara Sauce:

- In the same skillet over medium heat, add more oil if needed and saute 1 cup chopped onion stirring often until soft and golden (5 min). Add 4 cloves minced garlic and stir 1-2 min until fragrant.
- Stir in 1 cup tomatoes sauce and 2 bay leaves. Bring to a light boil (stir to make sure it's actually boiling and not just sending bubbles to the surface).
- Add meatballs back into the pan with tomato sauce, partially cover with lid or cover with a splatter screen to reduce splatter and cook at a gentle simmer for 30 min, turning the meatballs occasionally. Meatballs will be tender and sauce will be thickened. Five minutes before sauce is done, stir in chopped fresh basil and season with salt and pepper to taste.

How to Make Spaghetti :

- Cook pasta according to package instructions until aldente (or to desired doneness), drain and return to the empty pot.
- Pour sauce and meatballs over spaghetti in a plate . To serve family-style, transfer to a , garnish with parmesan cheese and fresh basil and serve hot.