

# Spaghetti and Meatballs

## Ingredients

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1 1/2 c Onion (finely chopped)	5 clv Garlic (minced)
2 T Tomato Paste	1/2 t Salt
14 oz Beef Broth chopped)	56 oz Whole Tomatoes (undrained,
crumbs)	1 Bread Slice (or 1/3 cup bread
2/3 c Basil (chopped)	2 Sweet Turkey Sausage Links
2 Egg	3/4 c Parsley (chopped)
1 lb Ground Beef	1/2 t Ground Black Pepper
1/2 c Parmesan Cheese	1 lb Spaghetti
	1/4 c Red Wine

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## Instructions

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- 1.To prepare sauce, heat a large skillet over medium-high heat. Coat pan with cooking spray. Add 1 cup onion; saute for 3 minutes. Add 3 garlic cloves, and saute 1 minute. Add tomato paste; cook 1 minute.
- 2.Stir in 1/4 teaspoon salt, wine and broth. Cook 4 minutes. Stir in the tomatoes. Reduce heat, and simmer 1 hour, stirring occasionally.
- 3.To prepare meatballs, place bread in a food processor, and process until fine crumbs. Combine the breadcrumbs, sausage, 1/2 cup onion, 1/3 cup basil, 1/4 cup parsley, 1/2 teaspoon pepper, 1/4 teaspoon salt, 2 garlic cloves, 2 eggs, and ground beef in a bowl.
- 4.Preheat broiler. With wet hands, shape beef mixture into 32 meatballs. Place meatballs on a broiler pan. Broil 15 minutes or until done.
- 5.Add meatballs to sauce; simmer 15 minutes. Meanwhile, bring a large pot of water to a boil. Follow package instructions on cooking spaghetti.
- 6.Sprinkle sauce with 1/2 cup parsley and 1/3 cup basil. Season with salt and pepper to taste. Serve over spaghetti. Sprinkle with cheese.