

SPAGHETTI AND MEATBALLS



Ingredients:

1 lb. spaghetti
1 lb. ground beef
1/3 c. bread crumbs
1/4 c. finely chopped parsley
1/4 c. freshly grated Parmesan, plus more for serving
1 egg
2 garlic cloves, minced
Kosher salt
1/2 tsp. red pepper flakes
2 tbsp. extra-virgin olive oil
1/2 c. onion, finely chopped
1 (28-oz.) can crushed tomatoes
1 bay leaf
Freshly ground black pepper

FROM THE KITCHEN OF: *Gina Thomson*

Prep. time: 20 min / Total time: 1h 5 min / Serves: 4

Directions:

In a large pot of boiling salted water, cook spaghetti according to package instructions. Drain.

In a large bowl, combine beef with bread crumbs, parsley, Parmesan, egg, garlic, 1 teaspoon salt, and red pepper flakes. Mix until just combined then form into 16 balls. In a large pot over medium heat, heat oil. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer meatballs to a plate.

Add onion to pot and cook until soft, 5 minutes. Add crushed tomatoes and bay leaf. Season with salt and pepper and bring to a simmer. Return meatballs to pot and cover. Simmer until sauce has thickened, 8 to 10 minutes.

Serve pasta with a healthy scoop of meatballs and sauce.

Notes:

Add freshly grated Parmesan cheese before serving. Store sauce in the fridge up to 3 days.

