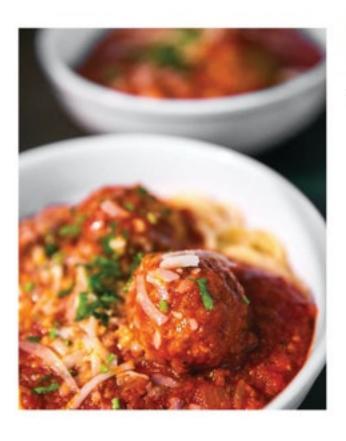
## **SPAGHETTI AND MEATBALLS**



## 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

Kosher salt 1/2 tsp. red pepper flakes 2 tbsp. extra-virgin olive oil 1/2 c. onion, finely chopped

2 garlic cloves, minced

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.

