

Spaghetti and Meatballs

- Meatballs:
 - 10 ml olive oil
 - 80 ml onion, finely chopped
 - 2.5 ml garlic, minced
 - Salt and pepper
 - 1 lb ground beef
 - 1 egg
 - 15 ml Worcestershire sauce
 - 60 ml breadcrumbs
 - Tomato Sauce:
 - 30 ml olive oil
 - 40 ml onion, chopped
 - 5 ml garlic
 - Salt and pepper
 - 28 oz tomato sauce
 - ½ can crush tomatoes
 - 30 ml parmesan cheese
 - 15 ml sugar
 - 5 ml Italian seasoning
 - 1 bay leaf
- 1 lb spaghetti

Instructions:

1. Meatballs:
 - a. PREHEAT oven to 350 F. Line a baking sheet with parchment paper.
 - b. HEAT a skillet over MEDIUM HIGH and add 10 ml oil. SAUTE onion, garlic, salt and pepper for 3 minutes. Remove from heat and add to raw meat.
 - c. Add in egg, Worcestershire sauce and breadcrumbs. Using your hands, MIX the meat and FORM into round balls, about the size of ping-pong balls.
 - d. PLACE on the baking sheet and BAKE for 15-20 minutes, or until no pink remains in the center.
2. Tomato Sauce:
 - a. HEAT 15 ml oil in a skillet over MEDIUM HIGH heat. Add onion, garlic, salt and pepper and SAUTE for 5 minutes.
 - b. Add tomato sauce, sugar, salt, pepper, parmesan, Italian seasoning & bay leaf and bring to a BOIL. REDUCE heat and SIMMER until sauce thickens.
 - c. Gently STIR in meatballs if desired.
3. Spaghetti:
 - a. FILL a pot with salted water and bring to a BOIL. Add spaghetti and COOK until AL DANTE. DRAIN.

