

# Italian

## Spaghetti and Meatballs

### INGREDIENTS

- 1 pound Spaghetti.....○
- 2 pounds Lean Ground Beef.....○
- ½ cup Extra Virgin Olive Oil.....○
- 4 quarts Water.....○
- 4 cups of Marinara Sauce.....○
- 1 medium Onion, finely chopped.....○
- 1 Large Egg.....○
- 2 teaspoons Parsley.....○
- 2 teaspoons fresh Garlic, minced.....○
- ½ teaspoon Black Pepper.....○
- 2 tablespoons Salt.....○
- ¾ cup Parmesan Cheese.....○

### PREPARATION

- Mix Lean Ground Beef, Onion, Egg, Parsley, Garlic, Black Pepper, and ½ tablespoon Salt with your hands making sure everything is well mixed. Form into meatballs and fry in a large skillet with about ½ cup olive oil over medium high heat. Turn on all sides to brown and cook through. When all the way cooked, add them to your Marinara Sauce and let them simmer slowly for about 15 minutes.
- Meanwhile, bring 4 quarts of Water to a boil. Stir in 1 ½ tablespoons of Salt, add Spaghetti and cook until firm yet tender, Stirring often. Do not over cook. Drain, and transfer to a bowl.
- Divide the Spaghetti among heated plates. Pour Marinara Sauce with Meatballs over the Spaghetti. Cover with lots of freshly grated Parmesan Cheese.

**SERVES 8.**