

Italian Style Spaghetti Sauce and Meatballs



Makes:

8 servings

Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:

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Meatballs

- 1 pound lean ground beef (454 g)
- 1 cup plain bread crumbs (120 g)
- 1/2 cup grated Parmesan cheese (50 g)
- 1/2 cup milk (120 mL)
- 2 large eggs
- 2 cloves garlic, shredded, use Cone #1
- 1 tablespoon dried parsley flakes (1.5 g)
- 1 1/2 teaspoon salt (9 g)
- 1/8 teaspoon pepper (.25 g)

Sauce

- 1 medium, onion, strung, use Cone #2
- 1 green pepper, chopped
- 3 cups water (720 mL)
- 24 ounces tomato (680 g) paste
- 2 ounces tomato sauce (850 g)

ounces Italian-style spaghetti sauce seasoning (170 g) 1  
cloves garlic, crushed tablespoon sugar (12 g) 1  
bay leaf, 1  
crumbled teaspoon dried oregano (1 g)  
leaves

**Directions:**

1. In a large bowl combine all ingredients.
2. Shape into 1-inch (2.5-cm) balls, set aside. Makes about 30 meatballs.

**Sauce**

1. Preheat electric roaster to 350°F/175°C. When several drops of water sprinkled on pan skitter and dissipate, add onion and green pepper. Sauté until soft.
2. Stir in remaining sauce ingredients. Add prepared meatballs to sauce and stir to combine.
3. Cover and reduce heat to a simmer for 1½ hours, stirring occasionally, until meatballs are cooked through.
4. Serve over spaghetti noodles and garnish with Parmesan cheese.

Nutritional Information per

▼ Serving

**Calories:** 386  
**Total Fat:** 15g  
**Saturated Fat:** 6g  
**Cholesterol:** 99mg  
**Sodium:** 2366mg  
**Total** 45g  
**Carbs:**  
**Dietary Fiber:** 9g  
**Sugar:** 19g  
**Protein:** 23g