

Spaghetti and Meatballs

Serves 6

Ingredients - Meatballs

- 2 cloves garlic, crushed and minced
- 2 eggs, beaten
- 1 cup Pecorino or Romano cheese, finely shredded
- 2 Tbs fresh parsley, minced
- 2 cups fresh white breadcrumbs (finely chopped, no hard crusts)
- Black pepper and salt, coarsely ground
- 2 lbs ground beef
- Olive oil for frying

Ingredients – Tomato Sauce

- ¼ cup olive oil
- 1 medium onion, ¼ inch dice
- 4 garlic cloves, peeled and thinly sliced
- 3 Tbs chopped fresh thyme leaves or 1 Tbs dried
- 1 medium carrot, finely grated
- 2 (28 oz) cans crushed tomatoes w/ juice
- ½ can Campbell's consommé
- 1 tsp sugar

Ingredients – Assembly

- 1½ lbs spaghetti
- Olive oil
- Pepper and salt, coarse ground
- Shredded Parmesan, Pecorino, or Romano cheese
- Fresh basil leaves

Instructions

- 1) Combine first 6 ingredients of meatballs in a medium bowl and mix well. Add ground beef, and mix very well with a fork until uniform.
- 2) Heat large frying pan on medium high with about ¼ cup olive oil. Once it is hot, shape meatballs slightly larger than a golf ball and smaller than a tennis ball. Don't over-work or compress them. Drop them in the pan.
- 3) Cook meatballs until brown on one side, about 3 minutes. Turn with tongs and cook for another 3 minutes. Turn again to a side that is not yet browned. Cook for a final 3 minutes and remove to a plate covered with paper towels.
- 4) In a 3-qt saucepan, heat olive oil on medium heat. Add onions and cook for 7-8 minutes, until soft. Then add garlic and cook another 1-2 minutes. Add thyme and carrot and cook another 5

minutes until carrot is soft. Add tomatoes, consommé, and sugar. Simmer for 30 minutes or until as thick as hot cereal. Then add meatballs to sauce and reduce heat to low for 5 minutes.

5) In a large pot, bring lots of water to a rapid boil. Add spaghetti and cook al-dente, about 10 minutes. Drain and toss with olive oil. Divide onto plates and dress with sauce, meatballs, and pepper and salt. Garnish with cheese and fresh basil leaves. Serve immediately.