

Spaghetti and Meatballs



PREPARATION TIME
10 minutes



COOKING TIME
35 minutes



PERFECT PARTNER
garlic bread



Leftover spaghetti does not have to be discarded. Cut the strands into small pieces, then add to soups or casseroles. Or, make a savory pie shell with the cooked pasta and spoon in your favorite meat filling.

SHOPPING LIST

- fresh parsley
- beef
- Parmesan
- tomatoes
- tomato paste
- Italian seasoning

ON HAND

- onion
- bread crumbs
- egg
- garlic salt
- oil
- garlic
- pasta

INGREDIENTS

- 1/4 cup minced fresh parsley
- 4 ounces Parmesan cheese
- 1 pound ground beef
- 1 medium onion, grated
- 1/2 cup fresh bread crumbs
- 1 large egg
- 2 tablespoons tomato paste
- 1/2 teaspoon garlic salt
- 3 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 (28-ounce) can whole tomatoes
- 1/4 teaspoon Italian seasoning
- 1 pound spaghetti

SERVES **4**

COOK'N
Express

• You can save time and tears by buying and using frozen chopped onions.

Make Ahead

You can prepare the meatball mixture in step 1 up to 4 hours ahead. Refrigerate until ready to proceed as recipe directs.

1 Combine parsley, Parmesan, ground beef, grated onion, bread crumbs, egg, tomato paste and garlic salt in a large bowl; blend well.



2 Shape mixture into 20 meatballs. Heat oil in a large skillet over medium-high heat.

3 Add meatballs. Cook until browned on one side. Add chopped onion and garlic to skillet. Turn meatballs. Cook until browned on all sides, about 10 minutes.



4 Add can of tomatoes and Italian seasoning; bring to a simmer, stirring. Lower heat; simmer until thickened, about 25 minutes. Cook pasta during last 10 minutes of cooking. Serve with meatballs.

VARIATION

For a casserole, combine sauce and meatballs with cooked penne. Top with 1 cup shredded cheese. Bake until bubbly.