

# Handy-Dandy Shopping List – Spaghetti & Meatballs

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



Ingredients for Spaghetti Sauce:

- 1 Large Onion – Chopped
- 2-3 Tablespoons Olive Oil
- 6 Cloves Garlic – Chopped
- 1 Cup Red Wine – Cabernet, Chianti, Shiraz, etc.
- 2 (28 ounce) Cans Diced Tomatoes
- 2 (28 ounce) Cans Crushed Tomatoes
- 1 (15 ounce) Can Tomato Sauce\*
- 1 (6 ounce) Can Tomato Paste\*
- 2 Dried Bay Leaves
- 1 Tablespoon Dried Oregano
- 1 Tablespoon Dried Basil
- Salt & Pepper

Ingredients for the Meatballs:

- ½ Medium Onion – grated to equal about ¼ cup
- 3 Cloves Garlic – minced
- ¼ Cup Fresh Parsley – minced
- 1 Egg – lightly beaten
- ½ cup Parmesan or Pecorino Romano Cheese – grated
- ½ cup Dried Bread Crumbs
- 1 Tablespoon Worcestershire Sauce
- 1 teaspoon Dried Basil
- 1 teaspoon Dried Oregano
- ½ teaspoon Red Pepper Flakes
- Salt & Pepper
- 1 ½ pounds Ground Beef (80% lean)
- 1 ½ pounds Ground Pork



(Photo of Ingredients for Meatballs only)