

# *Idiot's Kitchen Recipe – Spaghetti & Meatballs*

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



## Ingredients for 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

## **For the sauce:**

In an extra large pot, sauté the chopped onion in 2-3 Tablespoons of olive oil over medium heat until tender but not browned. Add chopped garlic and sauté for 1-2 minutes. Add 1 cup of red wine and cook until reduced by half. Add 2 cans of diced tomatoes and their juices and 2 cans of crushed tomatoes. Season with bay leaves, 1 Tablespoon each dried basil and dried oregano, and salt & pepper. Bring to a bubble and then reduce the heat to a slow, gentle simmer. Cook with a lid half off for at least an hour, preferably two. Stir occasionally to keep sauce from sticking.

**For the meatballs: Preheat the oven to 400 degrees.**

Grate ½ of an onion into a large mixing bowl. Add 3 finely chopped (minced) cloves of garlic, ¼ cup minced parsley, 1 lightly beaten egg, ½ cup dried bread crumbs, and ½ cup grated Pecorino Romano Cheese. Season with 1 Tablespoon Worcestershire Sauce, 1 teaspoon dried basil, 1 teaspoon dried oregano, ½ teaspoon red pepper flakes, salt & pepper. Stir to mix these ingredients thoroughly before adding the meat.

Add 1.5 pounds ground beef (80% lean for flavor and for enough fat to keep the meatballs moist) and 1.5 pounds ground pork. Work gently with clean hands to combine the meat with the other ingredients but try not to overly squeeze the meat mixture.

Cover 2 baking trays with aluminum foil and coat lightly with olive oil. Roll the meat into golf ball sized balls. This recipe makes about 30 meatballs. Bake at 400 degrees for 20 minutes until browned and cooked through.

\*After at least an hour (preferably two) of cooking time, check the sauce for thickness. If it is too thick, add some Tomato Sauce. Too thin, add tomato paste. Double check the seasonings and adjust to taste.

Add the cooked meatballs to the sauce and cook over low heat for 15-20 minutes. Serve over cooked spaghetti noodles topped with grated cheese and fresh basil.

Serves 6.