Spaghetti Sauce with Meatballs  
Makes 4 servings

Ingredients:

Meatball ingredients
- 1 pound lean ground beef
- ½ cup (or more) breadcrumbs
- 1-2 eggs (depending on firmness desired in meatball)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon dried parsley (optional)
- 1 ½ teaspoon garlic powder

Sauce Ingredients
- 2 tablespoons olive oil
- 3-4 garlic cloves
- 1 cup chopped onion (optional)
- 1 cup chopped green pepper (optional)
- 2 29 ounces cans crushed tomatoes
- 1 teaspoon oregano
- 1 teaspoon basil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:
Meatball
1. Combine ground beef, breadcrumbs, beaten eggs, salt, pepper, parsley and garlic powder in a large bowl. Mix with a fork. Add more breadcrumbs if necessary.
2. Form meat mixture into balls and place on ungreased baking sheets.
3. Bake at 350 degrees for 20-30 minutes until well browned.

Sauce (Prepare while meatballs are baking)
1. Place oil, garlic, onion and green pepper in a large pot and sauté slightly but do not brown.
2. Add crushed tomatoes, oregano, basil, salt and pepper.
3. Add two cans of water and stir well. Begin to simmer sauce.
4. When meatballs are done, add them to the sauce and continue to simmer for about two more hours.

Nutrition Facts
4 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/4 of recipe (642g)</th>
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<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 380</td>
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<tr>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>11g</td>
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<tr>
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<tr>
<td>Protein</td>
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

26% calories from fat