Spaghetti Sauce with Meatballs
   Makes 4 servings

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

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

Directions:
Meatball
1. Combine ground beef, breadcrumbs, beaten eggs, pepper and parsley in 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 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.

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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