

Spaghetti & Meatballs



Prep: 20 minutes

Cook: 40 minutes

Yield: 4-6 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

4 tablespoons vegetable oil
2 28 oz. cans of crushed tomatoes
1 onion finely chopped
3 garlic cloves peeled and chopped
1/2 teaspoon dried oregano
1 teaspoon salt
1/4 teaspoon hot chili flakes
5 fresh basil leaves torn (optional)
1 pound ground beef
2 tablespoons grated cheese (Romano or Parmesan)
1 egg
1/2 teaspoon dried oregano
1 teaspoon salt
1/4 teaspoon black pepper
1 pound pasta
1 tablespoon of salt for the pasta water
Grated cheese

Choose your favorite pasta shape.



1. Preheat oven to 325°.
2. Choose a heavy bottom pot and place on low to medium heat. Add the oil and heat. Add the chopped onion and garlic and cook for 3-5 minutes, stirring. Carefully add the tomatoes, oregano, salt, chili flakes, and basil, stir and bring to a simmer. Cook the sauce for 25 minutes.
3. While the sauce is cooking, place the meat into a mixing bowl with the cheese, oregano, salt and pepper. Clean your hands, keeping them wet so that the meat won't stick to your hands while making the meatballs. Mix the into the meat really well.
4. Shape the meat mixture into 2-inch balls.
5. Place the meatballs onto a lightly oiled sheet pan or cookie sheet and place in a 325° oven for 10 minutes, just to pre-cook. Remove from the oven and set aside. They will finish in the sauce.
6. When the sauce is done cooking, gently spoon the meatballs into the sauce, to finish their cooking and to also flavor the sauce. Cook for another 15 minutes.
7. At the same time, bring a large pot of water to a boil on high heat. Add the salt.
8. Open the box or bag of pasta and slide it into the boiling water. Use tongs or a fork or spoon to stir the pasta and prevent it from clumping together. Cook according to instructions on package. You can sample a noodle to see if it is done.
9. When pasta is done, drain and place into a large serving bowl, ladle some of the sauce on the pasta and mix well. Top with more sauce, add the meatballs and sprinkle with grated cheese and serve!