BIGLEAGUEFOODIE ITALIAN MEATBALLS

INGREDIENTS

1 LB. GROUND BEEF
1 LB. GROUND PORK
2 LARGE EGGS
6 CLOVES OF GARLIC, MINCED
1 CUP OF YELLOW ONION, FINELY MINCED
1 TSP. BLACK PEPPER
2 TSP. SALT
½ CUP OR PARMESAN OR PECORINO ROMANO, GRATED
1 CUP OF BREADCRUMBS
1-2 24 OZ. JARS OF PREMADE TOMATO PASTA SAUCE.
NOTE: USE AS MUCH AS YOU CAN THAT WILL FIT IN YOUR BIGGEST SAUCEPAN OR SKILLET WHILE LEAVING ROOM FOR MEATBALLS TO COOK IN THE SAUCE
1 BOX OF SPAGHETTI

DIRECTIONS

1. Over medium-low heat, sauté ½ cup of your minced onions and 3 of your garlic cloves (half of what you minced) in your biggest saucepan with olive oil, and season with salt.

2. Once onions and garlic are slightly browned, reduce heat to low, add your pasta sauce from the jar, and cover. Add as much as the pan will allow while leaving about ¼-in of space on top since you’re going to add meatballs later. For me, this is usually about 1 ½ jars of pasta sauce. Stir occasionally.

3. Combine the rest of your ingredients in a large mixing bowl. Ground beef, ground pork, eggs, the rest of the garlic and onions, salt, pepper, cheese, and breadcrumbs.

4. Without overworking the ingredients, form meatballs with your hands. The size of the meatballs is up to you. I like them a little on the bigger side. Let’s say in between a golf ball and a baseball.

5. Line a baking sheet with foil, coat foil with a small amount of olive oil, and evenly space your meatballs on the sheet.

6. Broil on high for ten minutes, until meatballs are browned. Then flip the meatballs and broil for another 2 minutes. Then, remove your meatballs from the oven and add them to your sauce.

7. Let meatballs simmer in the sauce, with the lid slightly ajar for as long as possible. An hour if possible. Usually I just use this time to boil water and start making the spaghetti, then just stop cooking meatballs once spaghetti is done. Meatballs should have an internal temperature of 165°F.

8. Boil your water, cook spaghetti, pour yourself a nice glass of red wine, and maybe put on some Louis Prima.

9. Once pasta is done, check that meatballs have an internal temperature of 165°F. Once they do you’re done. Add meatballs and sauce to the spaghetti top with more Parmesan or Pecorino Romano, and garnish with parsley if you like.