

Easy Spaghetti Sauce with Meatballs

Ingredients

Sauce

- 1 large jar tomato pasta sauce
- 1 small can tomato paste
- 1 cup (250 ml) parmesan cheese
- 1 tbsp. (15 ml) garlic salt
- 1 tbsp. (15 ml) onion salt
- 1 tbsp. (15 ml) parsley flakes
- 1 tbsp. (15 ml) oregano

Meatballs

- 1 lb. (454 g) lean ground beef
- $\frac{3}{4}$ cup (175 ml) dry bread crumbs
- 1 cup (250 ml) parmesan cheese
- $\frac{1}{2}$ cup (125 ml) milk
- 1 egg, beaten

Directions

1. In a large pot, combine tomato paste with 1 can of water. Add pasta sauce, parmesan cheese, and spices. Stir and simmer for 1 hour.
2. In a bowl, mix together ground beef, dry bread crumbs, parmesan cheese, milk, and egg. Roll into small meatballs (about 2 dozen). Drop into heated sauce and let cook for about 1½ hours. Stir occasionally. These meatballs will melt in your mouth!
3. Serve with cooked whole wheat pasta of your choice.

Adapted from a recipe on cooks.com, 2007.

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