

Spaghetti and Meatballs

Joseph Rubello - Hudson's Beaubien

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

MEAT SAUCE

1/2 pound lean ground beef

1/3 medium onion, chopped

1/2 teaspoon garlic powder

1 can (28 ounce) tomato sauce

1 can (6 ounce) tomato paste

3/4 cup water

3 to 4 basil leaves

1/2 cup sugar

MEATBALLS

1 pound lean ground beef

2 eggs

3/4 cup dry bread crumbs

hot cooked spaghetti (for serving)

In a two-quart saucepan, brown one-half pound of ground beef with onion and garlic powder. Drain.

Stir in the tomato sauce, tomato paste and water. Add the basil and sugar. Bring to a slow boil, stirring occasionally.

In a medium bowl, combine one pound of ground beef, eggs and bread crumbs. (Add more crumbs, if necessary to make the mixture of shaping consistency.) Shape into meatballs. Drop into the boiling sauce. Cook for 7 minutes without stirring. Slowly stir the sauce and meatballs. Cook on low boil, covered, for 1-1/2 hours.

Serve over the desired spaghetti, cooked as directed on the package.

Per Serving (excluding unknown items): 2853 Calories; 156g Fat (49.5% calories from fat); 15g Protein; 206g Carbohydrate; Dietary Fiber; 935mg Cholesterol; 3833mg Sodium. Exchange: Grain(Starch); 19 1/2 Lean Meat; 1/2 Vegetable; 19 1/2 Fat; 6 Other Carbohydrates.