



## Simple Spaghetti & Meatballs

oodlebox Good Food Guy Rick Mindermann of shares his recipe for a simple spaghetti and meatball dinner.

### Sauce

- 2- 28 oz cans San Marzano D.O.P. Italian tomatoes
- 3- cloves chopped garlic
- 1/2- chopped sweet yellow onion
- 1-cup chopped crimini brown mushrooms
- 1- cup very finely chopped carrots (preferably buy with tops on)
- 1/4- cup chopped fresh basil
- 1/4- cup chopped fresh Italian parsley
- 1/4- cup grated parmesan-romano cheese blend
- 1/4- cup red wine
- 3 tablespoons tomato paste concentrate in tube
- Extra virgin olive oil

Heat oil in 4-5 quart pot. Add garlic and brown for 2 minutes. Add onions and cook for 2 minutes. Add carrots and mushrooms, blend together for 2 minutes. Add canned tomatoes, stir together. Add basil and parsley, stir tomatoes with a potato masher until sauce starts to thicken about 5 minutes over medium high heat. Add tomato paste concentrate and stir to blend. Reduce heat and simmer while preparing meat balls stirring occasionally.

### Meatballs

- 1-lb ground USDA Prime beef
- 1/2 lb Corti Brothers fresh bulk Italian style pork sausage
- 2- tablespoons finely chopped basil
- 2- tablespoons finely chopped fresh Italian parsley
- 1/2-cup finely chopped crimini brown mushrooms
- 2- eggs
- 3/4-cup unseasoned bread crumbs
- 1/4- cup grated parmesan-romano cheese blend
- 2- teaspoons Vignalta Herbed Sea Salt (available at [www.cortibros.biz](http://www.cortibros.biz))
- 2 teaspoons fresh ground black pepper
- Red wine

Mix by hand in a large bowl beef, Italian sausage, basil, parsley, mushrooms, eggs, breadcrumbs, cheese, herbed salt, and pepper until well mixed. Use small melon baller, or teaspoons to form 1" round meat balls. Roll and compress into tight balls. Heat frying pan. Add olive oil. Sear and brown meats until the outside of the meat balls crust stirring gently turning meatballs. About 2-3 minutes. Depending on pan size you may need to brown two batches of the meatballs. Do not crowd the pan by stacking the meatballs. Cook in a single layer. Do not overcook. As meatballs are finishing, add a little bit of red wine to de-glaze pan. Add 1/4 cup red wine to sauce and stir in. Then add 1/4 cup cheese, stir in. Add meatballs, gently stir in. Simmer sauce and meatballs for 30-45 minutes, stirring gently occasionally.

### Spaghetti:

- 1-1/2 lbs dry 100% semolina Spaghetti, Thin Spaghetti, or Bucatini cooked al dente

Place thin layer of sauce on plate, add pasta, add sauce and meatballs, sprinkle with grated parmesan-romano cheese.