

Spaghetti and Meatballs

What I like most in this recipe is the meatballs. I usually make the sauce while the meatballs are cooking. It seems as though the longer the sauce simmers, the richer it tastes. This dish, like most Italian inspired recipes, is great when reheated as leftovers.

8 ounces spaghetti pasta

10 ounces ground sirloin

10 ounces ground Italian sausage

1 tablespoon red wine vinegar

1 egg

¼ tablespoon black pepper

1 cup flour

2 tablespoons dried basil leaves

1 fresh bay leaf

4 tablespoons olive oil

6 ounces chopped onion

8 ounces coarsely chopped mushrooms

2 tablespoons butter

2 cloves garlic finely chopped

1 14.5-ounce can of tomato sauce

1 to 2 cups water

1 tablespoon oregano

½ tablespoon thyme

Preheat oven to 350 degrees. Spread half of the olive oil (2 tablespoons) on the bottom of a rectangular baking dish. In large mix bowl, combine ground sirloin, Italian sausage, red wine vinegar, egg and pepper. Mix thoroughly. Combine half of the flour (4 ounces) with basil and spread on waxed paper. By the spoonful, roll meat mixture into balls and roll each meatball in the flour basil mixture until they are completely coated. Place meatballs in baking dish and bake, covered 45 minutes. Uncover and reduce heat to 200. Continue to bake until most of the liquid has evaporated.

Heat large saucepan to medium high. Add remaining olive oil. When oil gets hot, add butter. When butter melts, shake saucepan to combine liquid ingredients. Add mushrooms and onions. Cook for 3 minutes. Add garlic and cook for 30 seconds. Add remaining flour and stir. When flour has been absorbed by liquid, slowly stir in tomato sauce. Tear bay leaf in half and add to mix. Add oregano and thyme. Stir in water until the sauce gets to the desired consistency. Remember that the sauce will thicken when simmered. Reduce heat to low. Add meatballs.

Cook spaghetti as you like it and drain in hot water. Serve with Romano or Parmesan cheese, garlic bread and salad.

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