

MEATBALLS AND MARINARA SAUCE

Preparation Steps

- Preheat your oven to 400F.
- Line a sheet pan with foil
- Mix the meat, egg and seasonings together in a large bowl.
- Form about two tablespoons of the meat mixture into even sized meatballs and place them on the lined sheet pan.
- Bake for 20 minutes, or until cooked through.
- To make the marinara sauce, first heat saucepan to medium heat with a little water. Add the chopped onion and sauté for five minutes.
- Next, add the chopped garlic, canned tomatoes, bay leaf and pepper to the pan.
- Cook on a low to medium heat for 20 - 30 minutes, until the sauce has thickened.
- Serve over the cooked meatballs and sprinkle with chopped fresh parsley.

Meatball Ingredients

- 2 lb Lean ground pork
- 1 lb Lean ground beef
- 2 tbsps Italian Seasoning
- 1 egg
- 1 tbsp parsley finely chopped
- 2 tsp pink salt
- 1 tsp ground black pepper



Preparation Time : 25 min



Total Time : 1 hour



Servings : 8

Sauce Ingredients

- 28 oz can crushed tomatoes
- 1 small onion finely chopped
- 1 bay leaf
- 1 clove garlic chopped
- 1 tbsp parsley finely chopped
- 1 tsp black pepper