

## The Ultimate Simmered Meatballs with a Rich Sauce

Pork Sausage Meatballs in Pepper and Onion Sauce



**OVEN**  
**350°F**

**TIME**  
**15 min**

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### INGREDIENTS

For the Pork Sausage Meatballs: 2 lbs mild pork sausages , casings removed 4 garlic cloves , minced 1/2 cup plain breadcrumbs 2 large eggs , beaten 1/2 cup fresh parsley , minced 1 cup grated Romano cheese:

### DIRECTIONS

1. Steps for the : Recipe
2. Prepare the : Meatballs
3. : Preheat your oven to 350°F (175°C). In a large bowl, combine the sausage meat with the minced garlic, plain breadcrumbs, beaten eggs, minced parsley, and grated Romano cheese. Use your hands to mix everything together until it's just combined. Be careful not to overwork the meat, as this can make the meatballs tough.
4. Shape and : Bake
5. : Roll the mixture into golf ball-sized meatballs and place them on a baking sheet. Place the baking sheet in the preheated oven and bake for 15 minutes. This step is to brown the meatballs; they will finish cooking in the sauce.
6. Make the : Sauce
7. : While the meatballs are baking, add the olive oil to a large pot or skillet over low heat. Once the oil begins to shimmer, add the chopped onion, red bell pepper, and chopped garlic. SautØ for about 5 minutes, but be careful not to let the garlic burn.
8. Add : Tomatoes and Wine
9. : Add the red wine and the crushed whole tomatoes to the pot. Bring the sauce to a boil.
10. Simmer with : Meatballs
11. : Carefully add the baked meatballs and a few fresh basil leaves to the sauce. Reduce the heat to a very low simmer. Cover the pot and let the sauce simmer for 45 minutes, stirring occasionally. Use a wooden spoon and stir slowly and gently to avoid breaking up the meatballs.

12. : Once the meatballs are cooked through and the sauce has thickened, serve hot.

## SWAPS & NOTES

**Sausage :** While mild Italian pork sausage is the recommended choice, you can also use a spicy sausage for a little kick.

You can also mix pork sausage with an equal amount of ground beef or ground veal for a different flavor profile.

**Cheese :** Romano cheese adds a sharp, salty flavor to the meatballs that is perfect.

You can also use grated Parmesan cheese as a substitute.

## TIPS FOR SUCCESS

**Don't Overwork the Meat :** Overworking the meatball mixture can result in a tough, dense meatball.

Mix just until everything is incorporated.

**Brown the Meatballs :** Baking the meatballs first is a crucial step.

It gives them a nice crust and helps them hold their shape when you simmer them in the sauce.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-simmered-meatballs-with-a-rich-sauce/>