

## Classic Italian Spaghetti and Meatballs

The use of fresh herbs and spices adds depth and complexity to the dish.



**TIME**  
**30 min**

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### INGREDIENTS

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 egg
- 1/4 cup chopped fresh parsley
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 pound spaghetti
- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 can (28 ounces) crushed tomatoes
- 1 can (6 ounces) tomato paste
- 1 teaspoon sugar
- 1 teaspoon dried basil
- Salt and pepper to taste

### DIRECTIONS

1. In a large bowl, mix together the ground beef, breadcrumbs, parmesan cheese, egg, parsley, oregano, garlic powder, salt, and pepper. Use your hands to combine all the ingredients together.
2. Form the mixture into small meatballs, about 1 inch in diameter.
3. In a large pot, bring water to a boil and cook the spaghetti according to package instructions. Drain and set aside.
4. In a separate pot, heat the olive oil over medium heat. Add the chopped onion and minced garlic and cook until softened, about 5 minutes.
5. Add the crushed tomatoes, tomato paste, sugar, basil, oregano, salt, and pepper to the pot. Stir to combine and let it simmer for 10 minutes.
6. Add the meatballs to the sauce and let them cook for 20-25 minutes, or until they are fully cooked and the sauce has thickened.
7. Serve the meatballs and sauce over the cooked spaghetti and enjoy!
8. My Pro : Tips for Success:
9. For extra flavor, you can add a splash of red wine to the sauce while it simmers.
10. If you prefer a smoother sauce, you can blend the crushed tomatoes before adding them to the pot.
11. To make the meatballs more tender, you can soak the breadcrumbs in milk before adding them to the mixture.
12. If you have any leftover meatballs, you can freeze them for future use.

### TIPS FOR SUCCESS

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