

DINNER

RO's Spaghetti and Meatballs

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	25 min	50 min	6	\$1.92	631 kcal



RO's Spaghetti and Meatballs is a main course that serves 6. For \$1.92 per serving, this recipe covers 27% of your daily requirements of vitamins and minerals. One serving contains 631 calories, 28g of protein, and 27g of fat.

Ingredients

☐ 28 ounce canned tomatoes	☐ 2 eggs
☐ 6 servings chopped fresh basil	☐ ¼ cup chopped fresh parsley
☐ 3 cloves garlic, minced	☐ 1 cup graham cracker crumbs
☐ 8 ounces ground beef	☐ 3 tablespoons olive oil
☐ 1 large onion, sliced	☐ 6 servings grated Parmesan cheese
☐ 6 servings salt and pepper to taste	☐ 12 ounce package spaghetti

EQUIPMENT Bowl, Frying pan, Sauce pan, Pot

Method

- 1 Combine 1/4 cup olive oil, garlic, onion, tomatoes, and 2 tablespoons chopped basil in a large saucepan; bring to a boil. Season with salt and pepper. Reduce heat, and simmer gently for at least 40 minutes.
- 2 While the sauce simmers, combine ground beef, graham cracker crumbs, eggs, 2 tablespoons Parmesan cheese, parsley, and 3 tablespoons olive oil in a large bowl.
- 3 Mix well with clean hands, and shape into 20 walnut-size meatballs.
- 4 Heat a large skillet over medium-high heat; fry meatballs until browned and cooked though, about 10 minutes.
- 5 Add the meatballs to the tomato sauce, and simmer gently while boiling the pasta.
- 6 Bring a large pot of salted water to a boil; stir in spaghetti. Cook the pasta until it has cooked through, but is still firm to the bite, about 12 minutes.
- 7 Drain well. Carefully toss the spaghetti with the sauce and meatballs.
- 8 Serve, sprinkling each plate with fresh basil and Parmesan cheese.

Nutrition per serving

631	28 g	27 g	70 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9.4 g · 59% of daily needs
Fibre			5.4 g · 22% of daily needs
Sugar			11.7 g · 13% of daily needs
Sodium			1,038 mg · 45% of daily needs
Cholesterol			108 mg · 36% of daily needs
Vitamin C			18.2 mg · 22% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/ros-spaghetti-and-meatballs-143498