



Spaghetti and Meatballs

READY IN



150 min.

SERVINGS



8

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 cup breadcrumbs fresh stale (made from bread)
- 28 ounce canned tomatoes chopped canned
- 1 large carrots chopped
- 0.5 teaspoon cayenne pepper
- 2 rib celery chopped
- 2 large eggs
- 0.3 cup flat-leaf parsley leaves fresh chopped
- 0.5 cup basil leaves fresh chopped

- 2 cloves garlic finely chopped
- 3 cloves garlic chopped
- 1 pound ground beef
- 8 ounces ground pork
- 1.5 teaspoons kosher salt
- 0.3 cup chicken stock see low-sodium homemade store bought
- 3 quarts chicken stock see low-sodium homemade store bought
- 2 tablespoons olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin plus more for forming meatballs
- 0.5 cup parmesan freshly grated plus more for garnish
- 8 servings salt
- 1 pound pasta like spaghetti
- 2 sprigs thyme fresh with cotton string
- 1 tablespoon tomato paste
- 0.5 medium onion yellow finely chopped
- 2 medium onions yellow chopped

Equipment

- bowl
- frying pan
- ladle
- pot
- dutch oven

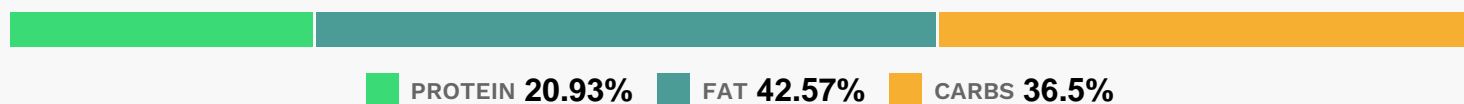
Directions

- Watch how to make this recipe.
- For the meatballs: In a large bowl, using your hands mix together the beef, pork, Parmesan, parsley, breadcrumbs, stock, salt, cayenne, eggs, garlic and onions until evenly combined. Be careful not to overwork the mixture; you don't want to compact the meat too much or the

meatballs will be tough. Put a little oil on your hands and form loosely into golf ball size meatballs. You should have about 2

- Heat the olive oil in a large Dutch oven over medium heat. Gently add the meatballs and brown thoroughly on all sides; this will take about 15 minutes.
- Transfer the meatballs to a plate, and refrigerate until you are ready to cook them in the sugo.
- For the gravy: In the same pan you used to cook the meatballs, heat the olive oil over medium heat and add the celery, onions and carrots. Cook, stirring occasionally, until soft, about 8 minutes.
- Add the garlic and bay leaves and cook until fragrant, 1 minute. Push the veggies to one side and add the tomato paste, toasting it on the bottom of the pan for 1 minute. Stir into the vegetables.
- Add the tomatoes, chicken stock and thyme, and bring to a boil. Reduce the heat and simmer very gently, partially covered, until thick and significantly reduced, about an hour.
- Carefully add the meatballs, a few at a time, and simmer, stirring very gently now and then - don't break-a-ya bawls! - until cooked through, 40 minutes. Discard the bay leaves and thyme sprigs.
- Add most of the basil and stir, reserving a little to sprinkle over the top for serving.
- Meanwhile, cook the spaghetti in a pot of salted boiling water until al dente, about 8 minutes.
- To serve, put the pasta into a large serving bowl. Immediately ladle sauce on top and then the meatballs.
- Garnish with chopped fresh basil and freshly grated Parmesan. Plate the remaining sauce and meatballs in a separate bowl.

Nutrition Facts



Properties

Glycemic Index:65.48, Glycemic Load:20.46, Inflammation Score:-9, Nutrition Score:30.612173992655%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.32mg,

Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 680.19kcal (34.01%), Fat: 32.59g (50.14%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 57.84g (21.03%), Sugar: 8.91g (9.9%), Cholesterol: 111.42mg (37.14%), Sodium: 1103.54mg (47.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.05g (72.1%), Selenium: 58.86µg (84.09%), Vitamin B3: 11.38mg (56.91%), Vitamin K: 50.78µg (48.36%), Phosphorus: 483.37mg (48.34%), Manganese: 0.88mg (44.08%), Vitamin A: 2170.16IU (43.4%), Vitamin B6: 0.68mg (33.99%), Zinc: 4.98mg (33.21%), Vitamin B12: 1.98µg (32.98%), Copper: 0.64mg (32.14%), Potassium: 1123.73mg (32.11%), Vitamin B1: 0.44mg (29.18%), Iron: 5.1mg (28.35%), Vitamin B2: 0.47mg (27.46%), Vitamin E: 3.16mg (21.08%), Magnesium: 83.14mg (20.79%), Vitamin C: 16.7mg (20.25%), Fiber: 5.03g (20.1%), Calcium: 185.86mg (18.59%), Vitamin B5: 1.33mg (13.32%), Folate: 52.41µg (13.1%), Vitamin D: 0.34µg (2.25%)