

Meatballs

Fry 3 cloves or freshly minced garlic and 1 medium onion in olive oil. After they are browned add to:

1 pound ground round or chuck
1/2 pound ground pork
1 tablespoon minced parsley
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup whole milk
2 Eggs
1/2 Cup grated Parmesan Cheese
1 Cup Bread Crumbs (Progresso Italian is acceptable)

Mix, then roll into 1 1/2-inch balls. Put olive oil on a pan and bake at 350 degrees for 35 minutes.



Sauce

5 cloves garlic, diced
1 medium white onion
1/2 pound ground beef
1/2 pound ground pork
1 (6 oz.) can tomato paste
1 (6 oz.) tomato paste can of water
2 (28 oz.) cans tomato puree (or) 1 can of puree and 1 can of crushed tomatoes
1/2 puree can of water (14 ounces)
6 ounces of good red wine (NOT COOKING WINE)
1 teaspoon crushed red pepper
1 tablespoon salt
1 tablespoon pepper
2 tablespoons sugar
1 tablespoon oregano
1 tablespoon basil

Cover bottom of pot with olive oil. Brown diced garlic and onion on low heat. Add meat and brown. Add tomato paste and tomato paste can of water; fry for seven minutes. Add tomato puree, 1/2 puree can of water and red wine. Add remaining ingredients and bring to a boil. Reduce heat to a simmer; add meatballs and let simmer for at least 2 1/2 hours. (Can simmer up to 24 hours).