

Spaghetti and Meatballs

1 cup sliced fresh mushrooms (or canned)	1/4 teaspoon pepper
3/4 cup chopped onion	1 1/4 teaspoon dried oregano
2 cloves of garlic, minced	1 beaten egg
1 tablespoon olive oil or cooking oil	3/4 cup soft bread crumbs (1 slice)
6 8-ounce cans of tomato sauce	1/4 cup finely chopped onion
1 6-ounce can tomato paste	12 ounces ground beef or bulk pork sausage
2 tablespoons of dried parsley	8 to 12 ounces dried spaghetti, linguine, or
2 teaspoons dried Italian seasoning, crushed	other pasta
1 teaspoon sugar	

For sauce, in a large pot cook mushrooms, the 3/4 cup onion, and garlic in hot oil till onion is tender. Stir in the tomato sauce, tomato paste, parsley, Italian seasoning, sugar, oregano, and pepper. Bring to boiling; reduce heat. Cover and simmer for 30 minutes, stirring once or twice.

Meanwhile, in a large mixing bowl combine egg, bread crumbs, the 1/4 cup onion, oregano, and 1/4 teaspoon salt. Add ground beef; mix well. Shape into 24 meatballs. Arrange meatballs in a baking pan. Bake in 350 degree oven 15 to 20 minutes or till no pink remains. Drain well.

Cook spaghetti for 10 to 12 minutes or till tender but still firm. Drain. Serve the sauce and meatballs over spaghetti.

Yield: 4 to 6 servings. Each serving contains approximately 576 calories.

Kaitlyn McCoy Panola County Junior - Main Dish