

## **MEATBALLS AND SAUCE**

### **Sauce:**

½ cup chopped onion	1 ¼ cups water
2 cloves minced garlic	1 ¼ tsp basil
3 Tbsp vegetable oil	2 Tbsp parsley
2 - 28 oz cans crushed tomatoes	2 tsp salt
1 - 8 oz can tomato sauce	½ tsp pepper
1 - 6 oz can tomato paste	1 Tbsp sugar

### **Meatballs:**

1 ½ lbs ground beef	¾ cup milk
1 ½ cups dried breadcrumbs	3 eggs, beaten
¾ cup grated Parmesan cheese	2 tsp salt
1 ½ Tbsp parsley	¼ teaspoon pepper
2 cloves minced garlic	

Label foil pan.

Begin making the tomato sauce by sautéing onion and garlic in the vegetable oil. Add the rest of the ingredients for the sauce and simmer uncovered for one hour adding a small amount of water if it becomes too thick.

To make the meatballs, mix lightly together the ingredients, and shape into balls approximately 1 1/2 inches wide. Bake in foil pan at 350° oven for 15 minutes. Pour off the fat. Loosen any meatballs that have stuck. Pour in the tomato sauce. Cool and freeze.