

## INGREDIENTS

Total Cook Time: 1 h

4 Servings

Prep Time: 20 mins

- 500g OBC Spaghetti
- 500g OBC Ground Beef
- 1/3 cup Bread crumbs
- 1/4 cup finely chopped parsley
- 1 OBC Egg
- 2 Garlic cloves, minced
- Salt
- 1/2 tsp Red pepper flakes
- 2 tbsp. OBC Cooking Oil
- 1/2 cup Onion, finely chopped
- 1/2 cup All Gold Tomato Sauce or 1 can crushed tomatoes
- 1 Bay leaf
- freshly ground black pepper

## DIRECTIONS

1. In a large pot of boiling salted water, cook spaghetti according to package instructions. Drain.
2. In a large bowl, combine beef with bread crumbs, parsley, Parmesan, egg, garlic, 2. 1 teaspoon salt, and red pepper flakes. Mix until just combined then form into 16 balls.
3. In a large pot over medium heat, heat oil. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer meatballs to a plate.
4. Add onion to pot and cook until soft, 5 minutes.
5. Add crushed tomatoes and bay leaf. Season with salt and pepper and bring to a simmer. Return meatballs to pot and cover. Simmer until sauce has thickened, 8 to 10 minutes.
6. Serve pasta with a healthy scoop of meatballs and sauce.

# “Spaghetti & Meatballs”



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