

Betty's Meatballs and Tomato Sauce



Published on 27 May 2012

In this video, Betty demonstrates how to make Meatballs and Tomato Sauce. In this recipe, the meatballs are browned on top of the stove, then covered with a rich barbecue-flavored tomato sauce and baked in the oven. Delicious!

Ingredients:

Meatballs:

$\frac{3}{4}$ pound ground beef (I used 4% fat ground beef.)
 $\frac{1}{4}$ pound pork sausage
 $\frac{1}{2}$ cup soft bread crumbs
 $\frac{1}{4}$ cup onion, finely chopped
2 tablespoons fresh parsley, minced
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dried marjoram leaves (You may substitute dried thyme, rosemary, or oregano.)
dash of ground black pepper
1 egg, well-beaten
 $\frac{1}{4}$ cup milk

Frying oil:

$\frac{1}{4}$ cup peanut oil (You may use any vegetable oil.)

Tomato Sauce:

10.75 ounce can tomato soup
 $\frac{1}{2}$ cup bottled barbecue sauce
 $\frac{1}{2}$ cup water
1 tablespoon Worcestershire sauce
2 tablespoons chopped onion
1 clove garlic, chopped

In a large mixing bowl, combine $\frac{3}{4}$ pound ground beef, $\frac{1}{4}$ pound pork sausage, $\frac{1}{2}$ cup soft bread crumbs, $\frac{1}{4}$ cup finely chopped onion, 2 tablespoons fresh minced parsley, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon dried marjoram leaves, dash of ground black pepper, 1 well-beaten egg, and $\frac{1}{4}$ cup milk. Mix lightly, but well. Shape into 1-inch balls. Heat $\frac{1}{4}$ cup peanut oil in a skillet over medium heat. Brown meatballs in a single layer. Be sure to let each meatball brown completely on the bottom before turning to brown the other side. When all meatballs are browned, place them in an oven-proof baking dish. (An 11-inch by 7-inch by 1 $\frac{1}{2}$ -inch Pyrex dish is about the right size, but you may use a round or square dish with about the same area.) In a medium-sized mixing bowl, combine a 10.75 ounce can tomato soup, $\frac{1}{2}$ cup bottled barbecue sauce, $\frac{1}{2}$ cup water, 1 tablespoon Worcestershire sauce, 2 tablespoons chopped onion, and 1 clove chopped garlic. Mix well. Pour sauce mixture over meatballs in baking dish. Bake at 325 degrees (F) for about 1 hour. Remove from oven and serve immediately. I like to serve this dish with Brown 'n Serve breadsticks, along with light-tasting olive oil topped with freshly ground black pepper. I hope you enjoy this dish; my family loves it! --Betty ♥♥♥♥♥