

Betty's Spaghetti and Meatballs with Marinara Sauce



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In this video, Betty demonstrates how to make Spaghetti and Meatballs with Marinara Sauce. You will find the recipe for the Marinara Sauce in bettyskitchen, "Betty's Marinara Sauce + Herb Garden Update + Gift from Viewer."

Ingredients:

1 ounce extra virgin olive oil (1/8 cup)
1 large onion, chopped
3 cloves garlic, minced
2 tablespoons fresh oregano, chopped (You may substitute 2 teaspoons dried oregano.)
a pinch of red pepper flakes, to taste
2 slices white bread, made into soft breadcrumbs (Betty's Quick Tip 112)
3 ounces milk (3/8 cup)
2 tablespoons fresh parsley, finely chopped
½ cup Parmesan cheese, finely grated
½ pound uncooked pork sausage (You may substitute Italian sausage.)
1 pound uncooked ground beef (about 15% fat)
1 egg (optional—an egg is not necessary for the taste or consistency of the meatballs, so it may be omitted.)
1 teaspoon salt
cooking oil spray
8 ounces to 1 pound uncooked spaghetti (I used only 8 ounces, but 1 pound is a better fit to the amount of meatballs and marinara sauce. I also used whole wheat spaghetti.)
1 teaspoon salt for 8 ounces spaghetti (2 teaspoons for 1 pound spaghetti)
1 cup finely grated Parmesan cheese, or as desired (for garnish)
2 tablespoons finely chopped fresh parsley, or as desired (for garnish)

Heat 1 ounce olive oil in a skillet over medium-high heat until shimmering. Reduce heat. Add 1 large chopped onion and cook until golden, about 8 to 10 minutes. Near the end of cooking, add 3 cloves minced garlic, and cook until soft. Add 2 tablespoons fresh chopped oregano and a pinch of red pepper flakes, to taste. Cook until flavors are combined, about 1 minute. Set aside. In a large mixing bowl, mash 2 slices bread (made into breadcrumbs) with 3 ounces milk. Add cooked vegetables to bread mixture and stir until smooth. Add ½ pound uncooked pork sausage, 1 pound uncooked ground beef, ½ cup finely grated Parmesan cheese, 2 tablespoons finely chopped fresh parsley, 1 egg (if desired), and 1 teaspoon salt. Knead with hands until well-combined. Form mixture into 1 ¼-inch meatballs. (This will make about 28 meatballs of this size.) Place meatballs on a rimmed baking sheet, which has been sprayed with cooking oil spray. Bake at 450 degrees, until meatballs are well browned, about 15 minutes, depending on the size of meatballs. Transfer meatballs to large, deep skillet containing marinara sauce (bottled marinara sauce or Betty's Marinara Sauce from bettyskitchen). Simmer for 15 minutes. While the meatballs and marinara sauce are simmering, make your spaghetti. Place ½ to 1 pound of uncooked spaghetti into boiling water that has been salted with 1 teaspoon salt (for 8 ounces spaghetti) or 2 teaspoons salt (for 1 pound spaghetti). Cook until al dente (a little chewy). Drain spaghetti and combine with meatballs and marinara sauce. Pour into a large serving dish. Immediately sprinkle with about 1 cup finely grated Parmesan cheese and about ¼ cup finely chopped fresh parsley. Serve immediately. My family loves this version of Spaghetti and Meatballs with Marinara Sauce. I hope you will, too! --Love, Betty ♥♥♥♥♥