

## RECIPE



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**Supersize Meatballs in Marinara Sauce**Contributed by **Alison Attenborough** and **Jamie Kimm****ACTIVE: 20 MIN****TOTAL TIME: 50 MIN****SERVINGS: 4****ACTIVE: 20 MIN   TOTAL TIME: 50 MIN   SERVINGS: 4****INGREDIENTS**

1/4 cup dry bread crumbs  
1/4 cup milk  
1 1/2 pounds mixed ground beef, pork and veal  
1/2 small onion, minced  
2 garlic cloves, minced  
1 tablespoon chopped parsley  
1 teaspoon minced oregano  
1 egg, lightly beaten  
1 tablespoon salt  
1/4 teaspoon freshly ground pepper  
2 tablespoons extra-virgin olive oil  
3 1/2 cups marinara sauce  
Cooked spaghetti, for serving

**DIRECTIONS**

1. In a small bowl, soak the bread crumbs in the milk. In a large bowl, mix the ground meat with the soaked bread crumbs, the onion, garlic, parsley, oregano, egg, salt and pepper.
2. Form the meat mixture into 4 large balls. In a deep nonstick skillet, heat 2 tablespoons of olive oil. Add the meat balls and cook over moderately high heat, turning occasionally, until browned all over, about 7 minutes. Add the marinara sauce to the skillet; cover and simmer over low heat for 30 minutes, until the meatballs are cooked through. Serve over cooked spaghetti.

From **Picture-Perfect Party Food**Published **March 2009**