

Meatballs in Marinara Sauce

INGREDIENTS:

Meatballs

- 2 lb ground beef
- 2 T olive oil
- ½ medium yellow onion, finely chopped
- 2 T garlic, minced
- ½ cup fresh parsley, finely chopped
- 3 sprigs fresh rosemary, finely chopped (about 1 T)
- 1 egg
- 1 ½ tsp sea salt
- 1 tsp pepper

Marinara Sauce

- 28 ounce can crushed tomatoes
- 6 good sized fresh basil leaves, chopped
- 2 sprigs fresh oregano, chopped
- 2 T garlic, minced
- 1 tsp onion powder
- ½ tsp salt
- ½ tsp pepper

PROCESS:

In a large skillet saute your diced onions and garlic in 1 T olive oil on medium heat. Cook until onion is translucent, about 3 minutes. Remove from heat.

In a large bowl, combine ground beef, parsley, rosemary, egg, salt, pepper, sauteed onion and garlic. Form into meatballs.

Add remaining 1 T olive oil to the skillet over medium high heat. Brown the meatballs on all sides. Remove meatballs from pan and set aside.

Scrape up all remaining bits in the skillet and leave them there.

Add crushed tomatoes, basil, oregano, garlic, onion powder, salt, and pepper to the skillet. Stir to combine.

Place browned meatballs in the sauce. Cover and simmer on low for 5-10 minutes. Larger meatballs may take a bit more time.

Garnish with chopped basil.

ENJOY!