

# THE FAMILY MEATBALLS.

My daughter said I should keep them a family secret but sharing is way more fun. Proceed with caution, they will ruin your restaurant experience. No lie.

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## *Ingredients*

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1 lb ground beef  
1 sausage link casing removed (optional)  
2 Tbs @laconiko olive oil  
1 tsp salt  
1/4 tsp crushed red pepper  
1/2 tsp black pepper  
3/4 tsp oregano  
1/3 cup grated parmesan cheese  
1/4 cup fresh parsley chopped  
1/4 cup ricotta  
2 cloves garlic minced  
2 eggs  
3/4 cup Italian bread crumbs  
1/2 cup diced onion

## *Instructions*

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Preheat oven to 375F.  
Combine all ingredients and roll into balls.  
Bake for 12-15 mins.  
You can throw in sauce or freeze.

# SPAGHETTI SAUCE

The family sauce that started it all. This makes enough for two meals, I usually double and save extra in the freezer for pizza, cream sauce, and chicken Parmesan.

## *Ingredients*

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1/3 cup EVOO  
1 medium onion diced  
5 cloves garlic minced  
1 tsp salt  
1 tsp pepper  
1 tsp oregano  
1/2 tsp crushed red pepper  
Handful basil chopped  
1/2 tsp dried fennel seeds chopped  
1/3 cup red or white wine  
2 14 oz cans diced tomato  
3 28 oz cans crushed tomato  
1 cup beef broth

## *Instructions*

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Sauté onions and garlic in EVOO, add spices and sauté for 3 more minutes. Add wine and cook until reduced by 1/2, about 5 minutes.

Add diced tomatoes and sauté for 5-10 mins until reduced. Add rest of tomatoes and brith. Cook for 1 hr on stovetop. Add baked (or fried) meatballs and place in 275° F convection oven for 2 hours.