

# Italian Spaghetti Sauce & Meatballs

Author: Adapted from a Military Officer's Wife's Cookbook, circa 1965



*Description: The celery leaves and added cheese in the meatballs give it extra-good flavor.*

1. SAUCE: In a large pan heat olive oil and add onion. Partially cook, then add the garlic and cook just a few minutes. Add ground beef and sauté for 5-10 minutes until meat is no longer pink. Add the remaining ingredients for the sauce, heat almost to a boil and simmer for about 2 hours. During last 20 minutes add the meatballs and allow them to heat through.

2. MEATBALLS: Combine all of the meatball ingredients and form into small 1-inch balls, or smaller. Bake in a 350° oven for about 20 minutes. Pour off grease and add meatballs to the spaghetti sauce. Or, you can freeze the meatballs separately and add to the sauce before you serve it.

3. FOR FREEZING: Measure cups of the sauce into freezer bags, lay flat to get out all of the air bubbles and seal well. These are best if allowed to freeze on a flat surface (like a cookie sheet), then you can stack any number of them together in the freezer and they don't get crunched (and stuck) together. Defrosted overnight, the sauce and meatballs will be ready for reheating and serving a quick meal.

## SAUCE:

- 1 cup onion, chopped
- 6 tablespoons olive oil
- 8 cloves garlic, minced
- 3 pounds lean ground beef
- 12 ounces tomato paste
- 16 ounces tomato sauce
- 3 pounds tomato puree
- 4 teaspoons sugar
- 12 ounces mushrooms, chopped
- 1/2 cup parsley, chopped
- 2 small bay leaves
- 1 tablespoon rosemary
- 1 tablespoon basil
- 1 tablespoon thyme
- 1 tablespoon oregano
- 1/2 teaspoon allspice
- 1/2 teaspoon pepper
- 2 teaspoons salt
- 1/2 teaspoon red chili flakes
- 1 cup water, approximately

## MEATBALLS:

- 2 pounds lean ground beef
- 2 pounds Italian sausage, if using ground pork
- increase seasonings
- 1 cup onion, minced
- 4 tablespoons celery leaves, chopped
- 1 cup bread crumbs
- 1/2 cup Italian parsley, minced
- 1/2 cup milk
- 2 whole eggs, beaten
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon rosemary
- 1 teaspoon dried basil
- 1/4 teaspoon red chili flakes, or to taste
- 2 cloves garlic, minced
- 2/3 cup Parmesan cheese, grated

*Serving Ideas: Usually I serve this in linguine - thin linguine if you can find it. Or any kind of pasta will work.*

*Per Serving (excluding unknown items): 865 Calories; 63g Fat (65.3% calories from fat); 46g Protein; 29g Carbohydrate; 5g Dietary Fiber; 205mg Cholesterol;*

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1977mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 3 1/2 Vegetable; 0 Non-Fat Milk; 9 Fat; 0 Other Carbohydrates.

**Carolyn T's Tasting Spoons blog:**  
<http://tastingspoons.com>