

Menu Du Jour

31 Jan 2004

Italian Meatballs

Spicy Marinara Sauce

Garlic Bread

Spicy Marinara Sauce

Marinara sauce is a highly seasoned tomato sauce made from onions, garlic, and oregano. This recipe adds a bit more seasoning with some Cajun spice, crushed red pepper flakes, and green chiles. This recipe makes enough sauce for the meatballs and to freeze for future use.



- 1/4 cup olive oil
- 2 medium sweet yellow onions, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- 1/4 cup minced flat leaf Italian parsley
- 1 bay leaf
- 3 cups beef stock
- 1 (13-ounce) can mushroom stems & pieces
- 2 (29-ounce) can crushed tomatoes
- 1 (10-ounce) can Rotel diced tomatoes & green chiles
- 1 (6-ounce) can tomato paste
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon granulated sugar

Menu Du Jour

1/2 teaspoon kosher salt
1 teaspoon black pepper

Heat olive oil in medium saucepan over medium heat. Add onions, garlic, basil, oregano, parsley, and bay leaf. Cook for 10 minutes, stirring occasionally.

Add remaining ingredients and simmer for 45 minutes. Divide sauce into two portions, reserving one for future use. Add cooked meatballs to remaining portion and simmer for 15 minutes.

Italian Meatballs



1 pound ground beef
1 pound Italian sausage, casings removed
1 medium yellow onion, finely chopped
2 eggs
2 tablespoons minced flat leaf Italian parsley
1 tablespoon minced fresh basil
1 teaspoon dried oregano
2 cloves garlic, minced
1/2 cup grated Parmesan cheese
2 teaspoons Cajun spice
1 cup Italian bread crumbs

Preheat oven to 350° F.

In a large mixing bowl, combine all ingredients until thoroughly mixed.

Portion the mixture into two-ounce servings using a #16 scoop or a 1/4-cup measuring cup. With very clean and moistened hands, shape each meatball into a golf ball size. Keep hands moistened to prevent meat mixture from sticking. Place meatballs on a greased or non-stick baking sheet. Bake for 15 minutes. Remove from oven and loosen meatballs with a spatula. Return to oven and bake for another 20 minutes. Drain on paper towels and add to marinara sauce as directed.

Menu Du Jour

Yields about 25 meatballs or five to six servings.
