



Long Livo

# Baked Spaghetti and Meatballs

**20 min**

Prep time

**4**

Servings

**35 min**

Cook time

**Medium**

Difficulty

**55 min**

Total time

**Italian**

Cuisine

## Ingredients

### Main Ingredients

- ☐ 1 lb ground beef
- ☐ 12 oz spaghetti
- ☐ 2 cups marinara sauce
- ☐ 1 cup mozzarella, shredded
- ☐ ½ cup Parmesan, grated
- ☐ 2 tbsp olive oil

### For the Meatballs

- ☐ ½ cup breadcrumbs
- ☐ 1 egg, lightly beaten

- ☐ 2 cloves garlic, minced
- ☐ 1 tsp dried oregano
- ☐ Salt and pepper to taste

### For the Sauce

- ☐ 1 can (28 oz) crushed tomatoes
- ☐ 1 tsp sugar
- ☐ 1 tbsp fresh basil, chopped
- ☐ ½ tsp red pepper flakes (optional)
- ☐ Salt to taste

## Instructions

- 1** Preheat oven to 375°F (190°C). Bring a large pot of salted water to a boil, cook spaghetti until just al dente, then drain.
- 2** In a bowl, combine ground beef, breadcrumbs, egg, garlic, oregano, salt, and pepper; gently shape into 1-inch meatballs.
- 3** Heat olive oil in a skillet over medium-high heat; brown the meatballs on all sides, about 5 minutes, then set aside.
- 4** In the same pan, add crushed tomatoes, sugar, basil, and red pepper flakes; simmer 10 minutes, then stir in marinara sauce.
- 5** Add the browned meatballs to the sauce, let them soak for a few minutes while you assemble.
- 6** In a greased 9×13-inch baking dish, spread a thin layer of sauce, layer half the spaghetti, sprinkle half the mozzarella, then dollop meatballs and more sauce; repeat layers, ending with mozzarella and Parmesan on top.
- 7** Cover with foil and bake for 20 minutes; remove foil and bake an additional 15 minutes until cheese is golden and bubbling.

8 Let rest 5 minutes before serving; garnish with fresh basil if desired.

#### Nutrition per serving

**420 kcal**

Calories

**26 g**

Protein

**42 g**

Carbs

**18 g**

Fat

#### Tips & notes

- The cheese browns best when the top is exposed for the last 15 minutes.
- If sauce is too thick, thin with a splash of water or broth.
- Feel free to add sautéed mushrooms or bell peppers for extra texture.