



Long Livo

Meatball and Marinara Sauce Recipe

15 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

Italian

Cuisine

Ingredients

Meatballs

- ☐ 1 lb ground beef
- ☐ 1/2 lb ground turkey
- ☐ 1/2 cup breadcrumbs
- ☐ 1/4 cup grated Parmesan cheese
- ☐ 1 egg, lightly beaten
- ☐ 2 cloves garlic, minced
- ☐ 2 tbsp fresh parsley, chopped
- ☐ 1 tsp salt

- ☐ 1/2 tsp black pepper

Marinara Sauce

- ☐ 2 cups crushed tomatoes
- ☐ 1/4 cup onion, finely diced
- ☐ 2 cloves garlic, minced
- ☐ 1 tbsp olive oil
- ☐ 1 tsp dried oregano
- ☐ 1/2 tsp sugar
- ☐ Salt and pepper to taste

Instructions

- 1** In a large bowl, combine beef, turkey, breadcrumbs, Parmesan, egg, garlic, parsley, salt, and pepper. Gently mix with hands until just combined; avoid over-working.
- 2** Form the mixture into 1-inch balls. In a hot skillet with a drizzle of olive oil, brown the meatballs on all sides, about 5 minutes; they don't need to be cooked through yet.
- 3** Remove meatballs and set aside. In the same skillet, add a bit more oil if needed, then sauté onion until translucent, about 3 minutes. Add garlic, stir briefly, then pour in crushed tomatoes, oregano, sugar, salt, and pepper. Bring to a gentle simmer.
- 4** Return the browned meatballs to the sauce, cover, and let simmer for 15-20 minutes until meatballs are cooked through and flavors meld.
- 5** Stir in fresh parsley, adjust seasoning, and serve hot over your favorite pasta or with crusty bread.

Nutrition per serving

420 kcal

Calories

30 g

Protein

15 g

Carbs

22 g

Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red-pepper flakes while simmering the sauce.
- For a richer texture, drizzle a tiny splash of extra-virgin olive oil just before serving.
- Make ahead: sauce can be prepared a day early; reheat gently and add fresh meatballs.