



Long Livo

Spaghetti and Meatballs – Best Easy Recipe

20 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

50 min

Total time

Italian

Cuisine

Ingredients

Meatballs

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

Sauce

- ☐ 2 tbsp olive oil
- ☐ 3 cloves garlic, minced

- ☐ 1 small onion, diced
- ☐ 28 oz canned crushed tomatoes
- ☐ 1 tsp dried oregano
- ☐ 1 tsp dried basil
- ☐ 1/2 tsp sugar
- ☐ Salt and pepper to taste
- ☐ Fresh basil leaves for garnish

Pasta

- ☐ 12 oz spaghetti
- ☐ Water for boiling
- ☐ Salt for pasta water

Instructions

- 1** In a large bowl, combine ground beef, breadcrumbs, Parmesan, egg, parsley, garlic powder, salt, and pepper. Mix gently with your hands until just combined; over-mixing can make the balls tough.
- 2** Shape the mixture into golf-ball sized meatballs, about 20-22 pieces. Set aside while you heat the sauce.
- 3** Heat olive oil in a deep skillet over medium heat. Add the meatballs and brown on all sides, about 5-7 minutes. They don't need to be fully cooked through yet; this step builds flavor.
- 4** Remove meatballs and set them on a plate. In the same pan, add garlic and onion; sauté until fragrant and translucent, about 2 minutes. Then pour in crushed tomatoes, oregano, basil, sugar, salt, and pepper.
- 5** Bring the sauce to a gentle simmer, return the meatballs, and let everything cook together uncovered for 15-20 minutes, stirring occasionally. baked spaghetti aromas fill the kitchen.

- 6 While the sauce simmers, bring a large pot of salted water to a boil. Add spaghetti and cook until al-dente, about 9-10 minutes. Reserve 1 cup of pasta water before draining.
- 7 Toss the cooked spaghetti into the sauce, adding a splash of reserved pasta water if the sauce seems thick. Let the pasta soak up the flavors for a minute.
- 8 Serve hot, garnished with fresh basil leaves and a drizzle of olive oil. baked meatballs style tips can be borrowed for extra richness.

Nutrition per serving

540 kcal

Calories

28 g

Protein

65 g

Carbs

18 g

Fat

Tips & notes

- If the sauce becomes too thick, thin it with a little pasta water or broth.
- For a richer flavor, add a splash of red wine while the sauce simmers (optional).
- Feel free to sprinkle extra Parmesan just before serving.