

Traditional Italian Meatballs with Sunday Gravy

Yield: 12 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-parmesan-sunday-gravy-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion large, diced
- 2 cloves garlic grated
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 8 cups whole peeled tomatoes two 32-ounce cans
- 4 cups tomato sauce low sodium
- 2 pounds sliced mushrooms optional
- 1 cup red wine optional
- parsley
- fresh basil
- 1 pound ground sirloin
- 1 pound ground pork
- 1 pound ground chuck or veal
- 3 cloves garlic grated
- 2 eggs lightly whisked
- 1 cup Italian breadcrumbs
- 1/2 cup grated Parmesan
- 1/2 cup parsley minced
- 1 tablespoon salt
- 1 teaspoon pepper
- pasta cooked, choice - to serve

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 120 milligrams

4. Fat: 25 grams
 5. Fiber: 8 grams
 6. Protein: 33 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 1680 milligrams
 9. Sugar: 11 grams
 10. TransFat: 1 grams
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