

# Cheesy Italian Meatballs and Pasta

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatballs-and-pasta-recipe>

## Ingredients:

- 28 ounces crushed tomatoes
- 1 teaspoon italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon dried basil
- 2 tablespoons tomato paste
- 1 slice bread crust removed and cut into very small pieces
- 1/4 cup milk
- 1/2 cup grated Parmesan cheese
- 2 large eggs
- 3 cloves garlic minced
- 1 tablespoon italian seasoning
- salt
- pepper
- 1 pound ground beef
- 1 small onion chopped
- 3 cloves garlic minced
- 4 tablespoons butter
- 1/4 cup all purpose flour
- 2 cups milk
- 3 cups shredded mozzarella
- 1/4 cup grated Parmesan cheese
- 8 ounces rigatoni pasta cooked

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 220 milligrams

4. Fat: 40 grams
  5. Fiber: 4 grams
  6. Protein: 44 grams
  7. SaturatedFat: 20 grams
  8. Sodium: 1120 milligrams
  9. Sugar: 7 grams
  10. TransFat: 1 grams
- 

Thank you for visiting our website. Hope you enjoy Cheesy Italian Meatballs and Pasta above. You can see more 17 italian meatballs and pasta recipe Deliciousness awaits you! to get more great cooking ideas.