

Italian Meatballs and Spaghetti

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 1 teaspoon olive oil
- 1 onion medium, chopped
- 2 cloves garlic minced
- 1/4 cup dry red wine
- 56 ounces crushed tomatoes
- 1 ounce diced tomatoes liquid drained
- 6 ounces tomato paste
- 6 ounces water use the tomato paste can
- 1 bay leaf
- 1/2 teaspoon fennel seeds ground
- 1 teaspoon fresh basil
- 1 teaspoon fresh oregano
- 1 teaspoon parsley
- salt
- pepper
- 2 1/2 pounds sirloin lean
- 2 cups Italian bread crumbs seasoned
- 1 cup low fat milk
- 1 cup Parmesan cheese
- 1 pound spaghetti cooked according to package
- 1/2 teaspoon fresh parsley finely chopped
- 2 eggs lightly beaten
- 2 cloves garlic finely minced
- 1 onion small, diced finely
- salt
- pepper

Nutrition:

1. Calories: 930 calories

2. Carbohydrate: 88 grams
 3. Cholesterol: 170 milligrams
 4. Fat: 42 grams
 5. Fiber: 9 grams
 6. Protein: 48 grams
 7. SaturatedFat: 17 grams
 8. Sodium: 1470 milligrams
 9. Sugar: 9 grams
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