



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### CLASSIC SPAGHETTI & MEATBALLS

1 jar (24 ounces) marinara sauce

1 pound spaghetti

### EASY OVEN MEATBALLS

½ cup milk

2 pounds lean ground beef

1/3 cup seasoned bread crumbs

1/3 cup finely chopped onion

1 egg

½ teaspoon salt

1. For meatballs: Preheat oven to 375 degrees F. Line jellyroll pan with foil; coat with no-stick cooking spray; set aside.
2. In large bowl, stir together milk and bread crumbs; let stand for 5 minutes.
3. Add egg and stir until just combined.
4. Crumble ground beef into same bowl. Add remaining ingredients and stir until combined (do not overmix).
5. Place meat mixture on large cutting board and pat into 8-inch square. Cut meat mixture into 64 equal pieces. 8 rows across by 8 rows down. (Can also use a 1 tablespoon size scoop.)
6. Shape each piece into a ball and place on prepared jellyroll pan.
7. Bake in 375 degree oven until internal temperature is 160 degrees F, about 20 to 25 minutes. Makes 64 meatballs.
8. Place marinara sauce in medium saucepan and cook over medium-low heat until hot.
9. In large pot of boiling water, cook spaghetti according to package directions and drain.
10. Place spaghetti on large platter and top with marinara sauce and meatballs.

Makes 8 servings.

