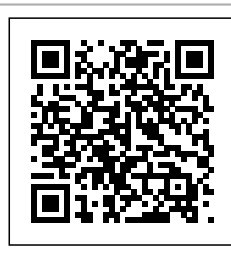


Meatballs Napoletane



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Recipe by: Laura Vitale

Serves 8

Prep Time: minutes

Cook Time: minutes

Ingredients

- 1 pound of Meatloaf mix (pork, veal, beef)
- 1 egg
- 1 tbsp of whole milk
- ¼ cup freshly grated parmiggiano reggiano
- ½ cup of fresh bread crumbs
- 1 small clove of garlic, finely minced
- 1 tbsp fresh basil, finely chopped
- Salt and pepper to taste
- 2 tbsp of olive oil

For the sauce

- 1 small onion, finely chopped
- ½ cup red wine
- 1 32 oz can of tomato puree
- Salt and pepper to taste
- Fresh basil

1) In a large bowl mix together all of the meatball ingredients except the ground meat, and using a fork mix everything to combine.

2) Add the ground meat and just mix everything to combine but do not work the meat too much other wise you will end up with tough meatballs. Shape meatball into about gold ball size, making sure to work the meat as little as possible.

3) In a large deep non stick pan, preheat the oil over medium heat. Add the meatballs in batches and cook for a couple minutes on each side. Remove from the pan to a plate.

4) In the same pan using the same oil and drippings, add the chopped onion and season lightly with salt and pepper. Cook for about 5 minutes or until tender. Add the wine and cook for 1 minute.

5) Add the tomato puree and give everything a nice stir. Gently place the meatballs in the sauce, making sure they are completely covered in the sauce. Turn the heat down to low and partially cover the pan with a lid. Cook for about 1 hour and 45 minutes, stirring frequently to make sure the bottom doesnt cook to quickly.

6) Remove the lid and season with salt and pepper to taste. Add some fresh basil leaves and serve!

7) How you choose to eat this dish is totally up to you. You can serve it with pasta, rice, polenta or you can serve it my favorite way which is with crusty Italian bread.

My nonna makes these just about every Sunday, I cant imagine Sunday sauce without them. I make so many different kinds of meatballs I have lost count. But these are without a doubt my absolute favorite!! Eating these reminds me of sitting on my pop pops lap and him try to eat his meatballs and me picking at his plate. Food is so much more than just fuel, its memories, its family its what feeds my soul by reminding me of such special moments in my life. I hope you guys enjoy these as mush as my family and I do. They are seriously awesome!

