

Little Joe's Meatballs

1 pound ground beef chuck
1/2 pound ground pork
1/2 pound ground veal (or use another 1/2 pound pork)
1 cup bread crumbs, plain
4 large eggs
1/4 cup Italian parsley, chopped fine
1 clove garlic, minced
1 cup onion, chopped fine
1 pinch dried oregano crumbled
1 tsp. kosher salt
1/2 tsp. ground black pepper
1/2 cup grated parmesan cheese

Combine all ingredients and mix well. I use a ice cream scoop (spring action) to make meatballs of the same size. Roll meatballs by hand to finish them.

Lightly coat olive oil onto a foil lined baking sheet and place in meatballs.

Drizzle a little olive oil on meatballs and bake at 350° for 1/2 hour or until lightly browned. Do not let bottom of meatballs burn. Do not over cook. Remove meatballs and let cool (if you try to lift them while hot they may fall apart). Place into sauce and simmer.

Makes about 16 meatballs.

Little Joe's Sauce

3 Tbsp. olive oil

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1 medium onion, minced
2 Tbsp. minced green pepper
1 stalk celery, chopped
1 clove garlic, minced
1 (1-pound 28-ounce) can whole tomatoes, chopped with juice
1 (1-pound 28-ounce) cans tomato puree
1 Tbsp. dried basil, crumbled
1 tsp. dried oregano, crumbled
1 bay leaf
1/2 cup dry red wine
1 cup water
2 tsp. kosher salt
1/2 tsp. ground black pepper
2 Tbsp. grated fresh parmesan cheese

Heat olive oil in large heavy pot. Add onion, green pepper, celery and garlic and saute until vegetables are tender.

Add tomatoes, tomato puree, basil, oregano and bay leaf. Simmer 1 hour, stirring frequently. Add red wine, water, salt and pepper.

Simmer 1 hour longer. If sauce is too thick, add more water. When sauce is cooked, add Parmesan cheese and mix well.
