

Spaghetti and Meatballs

Chris Byrne

Makes 8 servings.

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| 32 ounces Spaghetti | 1 large Bell pepper |
| 3 small Onions | Oregano |
| 1 bunch Garlic | Italian bread crumbs |
| 1 large can Tomatoes | Olive oil |
| 3 small cans Tomato paste | Sugar, to taste |
| 1 Bay leaf | Salt |
| 2 pounds Ground beef | Pepper |
| 2 Eggs | |

1. Mix together ground beef, 3 cloves garlic (chopped), eggs, 3 tablespoons Oregano, and some bread crumbs.
2. Roll into balls (1-1/2 to 2 inches). Cook in a frying pan in olive oil until well browned. Set aside.
3. Crush and chop the rest of the garlic.
4. Chop onions and green pepper.
5. Heat about 1/4 cup olive oil in a large pot. Add veggies (except tomatoes) and saute until tender.
6. Drain tomatoes, reserving water.
7. Add tomatoes and mash with spoon.
8. Add sauce, paste and mix well. Depending on thickness, add reserved water.
9. Add oregano, salt, pepper, and sugar to taste.
10. Add bay leaf.
11. Heat to boiling, stirring often.
12. Lower heat and simmer, stirring occasionally, for 1/2 hour.
13. Boil water in a large pot. Add noodles and cook until tender (about 6-8 minutes). Do not overcook!
14. Add meatballs to sauce and simmer until the meatballs are heated.
15. Drain noodles.
16. Serve bed of noodles covered with sauce, adding two or three meatballs.

Main Dishes