

HOMEMADE SPAGHETTIOS

December 11

National Noodle Ring Day




INGREDIENTS

- 1 Pound Ground Beef (80/20 or leaner)
- ½ Cup Seasoned Italian breadcrumbs
- 1 Egg
- 1 Tablespoon Garlic Powder
- ¾ Tablespoon Italian Seasoning
- ⅛ Cup Parmesan Cheese
- 1 Tablespoon Onion Powder
- ¼ Cup Milk
- Salt and Pepper (to taste)
- ¼ Cup Olive Oil
- 1 Pound "Ring" Pasta
- 24 Ounces Pasta Sauce
- 4 Cups Chicken or Vegetable Broth
- 5-10 Leaves Fresh Shredded Basil
- ¼ Cup Parmesan Cheese

DIRECTIONS

1. In a large bowl add the beef, egg, salt, pepper, garlic powder, onion powder, ⅛ cup of Parmesan cheese, and Italian seasoning. Then add the breadcrumbs. Pour the milk on top of the breadcrumbs.
2. Gently mix the ingredients until they are just combined. Don't overmix .
3. Take your meatball mixture and roll it into 24 balls.
4. In a large skillet, pan fry the meatballs in a little olive oil until they are golden brown all the way around.
5. Then remove the meatballs and set them aside. Keep them warm until we need them again.
6. Next, carefully transfer most the hot oil in the pan someplace that it can cool. Leaving about 1-2 tablespoons in the skillet.
7. In the same skillet, over medium high heat add the tomato sauce and chicken broth. Then bring the liquid up to a gentle boil and add the pasta rings and shredded basil.
8. They should take about 10-15 minutes to cook. If you feel like the sauce is getting too thick, feel free to add a little more broth. Once the rings are soft, transfer to a serving dish and add meatballs.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

24 Meatballs +
9¾ Cups Pasta

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Meatballs + ½ Cup Pasta	3 Meatballs + ½ Cup Pasta	4 Meatballs + 1 Cup Pasta	4 Meatballs + 1 Cup Pasta