

Spaghetti and Meatballs

Yield: 4 servings

Meatball Ingredients:

1.5 lbs. ground turkey
2 teaspoons Montreal Steak seasoning
2 tablespoons milk
1 egg, lightly beaten
1/2 cup grated parmesan cheese
1/2 cup panko bread crumbs
handful of chopped parsley leaves

Sauce Ingredients:

1/2 cup extra-virgin olive oil
1 medium onion, finely chopped
3 garlic cloves, finely chopped
1 carrot, peeled and finely chopped
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 (32-ounce) cans crushed tomatoes
2 tablespoons tomato paste mixed with
1/4 cup water
1 bay leaf

Pasta Ingredients:

1 pound spaghetti
1 tablespoon kosher salt



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For the Meatballs:

- Step 1:** Preheat oven to 425 degrees F. Place turkey in a metal mixing bowl and add the Montreal Steak seasoning, the lightly beaten egg, milk, parmesan cheese, panko bread crumbs, chopped parsley, and a drizzle of extra virgin olive oil to the bowl.
- Step 2:** Mix the meat and other ingredients together until everything is combined together, but do NOT over mix.
- Step 3:** Drizzle olive oil (or use non-stick spray) onto a foil-covered baking sheet. Evenly divide the meat into 10 meatballs. Place each ball onto the baking sheet making sure both sides have been coated with oil and push down so the top and the bottom of the meatball are flat.
- Step 4:** Bake the meatballs for 15 minutes or until golden brown and firm (internal temp. of 165 degrees)
- Step 5:** Check meatballs. When they are finished, coat them in marinara sauce and top the spaghetti. Garnish the pasta and meatballs with chopped parsley and grated parmesan cheese.

For the Pasta and Sauce:

- Step 1:** In a large pot, heat the olive oil over medium heat. Add the onions and garlic and sauté until the onions are translucent, about 10 minutes.
- Step 2:** Add the carrots, and 1/2 teaspoon of each kosher salt and pepper. Sauté until all the vegetables are soft, about 10 minutes. Add the tomatoes, tomato paste mixed with water and bay leaves, and simmer uncovered over low heat until the sauce thickens, about 45 minutes. Remove and throw away the two bay leaves. Taste the sauce and add more salt and pepper to your liking. Top the spaghetti with the sauce.
- Step 3:** In another large pot, heat 6 quarts of salted water to a boil. When water is boiling, carefully add 1 pound spaghetti and cook until *al dente* (to the tooth) approximately 10 minutes and drain.