

Spaghetti Sauce and Meatballs (Rose Schivone(?), Aunt Marie's mother)

Spaghetti Sauce:

Vegetable oil	Spinkle of paprika
~1 tsp. parsley flakes	Pinch of basil
At least 3 cloves of garlic, peeled down to soft bulb	Pinch of oregano
Mild Italian sausage (3 links)	1 shake of pepper seeds
1 can of tomato paste (e.g., 6 oz. can Contadina)	1 can of tomato sauce (e.g., 29 oz. Hunts)
Water	1 can of tomato puree (e.g., ~29 oz. Star Cross)
1 tbl. (palm full) parsley flakes	¼ tsp. baking soda
1 tsp. salt	1 tsp. sugar
Couple sprinkles black pepper	

Meatballs:

1½ - 2 lbs. ground beef/chuck/round	½ cup grated cheese
1 egg	Sprinkle garlic salt/powder
1 tsp. salt	1 tsp. parsley flakes
Sprinkle of black pepper	2 tbl. vegetable oil
Pinch of oregano	2 tbl. water
¾ cup bread crumbs	

Directions:

After getting out your pot, put in the oil just enough to cover the bottom. Sprinkle ~1 tsp. parsley flakes along bottom. Add the 3 cloves of garlic to the bottom and put on low heat. Cut in half 3 sausage links and place into the pot (if you got a package of 6 freeze the other 3 for next time). Cook until both the cloves and the links are brown on all sides. Remember to turn the cloves over also. Once the cloves and sausage links are browned, put in the tomato paste and pat down so it covers the bottom. Cook for about 3 minutes, then stir. Add 3 (paste) cans worth of water and stir. Next put in the spices (and do NOT stir): palm full of parsley flakes, 1 tsp. salt, couple sprinkles black pepper, 1 sprinkle of paprika across the pot, a pinch of basil, a pinch of oregano, and 1 shake of pepper seeds. After spices are in, maybe turn up the heat a little and let bubble for about 10 minutes. Next stir in each can of sauce and puree. Fill each of these cans with water and stir in. You may need to turn up the heat a little...let the pot simmer until it begins to bubble. When it begins to bubble, sprinkle ¼ tsp. baking soda across the pot - this will cause the sauce to bubble. Let the sauce bubble for about 5 minutes. Stir in 1 tsp. of sugar. Put the sauce on low until the meatballs are ready.

Mix all the ingredients for the meatballs by hand. After mixed well enough, shape meatballs and place each into the pot. Stir, then simmer the sauce on low heat for 2-3 hours (stir occasionally). For the last ½ hour, turn off the heat.

Spaghetti Sauce/Meatballs