

Classic Spaghetti & Meatballs

This classic meatball recipe will never let you down! Make this a family favorite dinner staple in your house.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1/2 cup soft bread crumbs
- 1 large egg
- 2 tablespoons finely chopped onion
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 jar (26 to 30 ounces) spaghetti sauce
- 8 ounces uncooked spaghetti, cooked
- Grated Parmesan cheese (optional)



50 Min 4 42 Cal 38g
Servings Protein

COOKING

1. Heat oven to 350°F. Combine meatball ingredients in large bowl, mixing lightly but thoroughly. Shape into twelve 2-inch meatballs. Place on rack in broiler pan. Bake in 350°F oven 25 to 30 minutes.
2. Combine meatballs and spaghetti sauce in large saucepan; heat through, stirring occasionally. Serve over spaghetti; sprinkle with cheese.
3. Recipe can be made in a 8-quart Air Fryer. Heat Air Fryer to 350°F. Combine meatball ingredients in large bowl, mixing lightly but thoroughly. Shape into 12 2-inch meatballs. Place in Air Fryer basket sprayed with cooking spray. Bake at 350°F for 24 to 27 minutes.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13.5g	135mg		61g	38g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com