



45 Minute Spaghetti with Meatballs

Ingredients

1. 1 lb ground beef (85 percent lean or leaner) or Impossible Meat
2. 1 lb ground pork or ground turkey
3. 3/4 cup panko breadcrumbs
4. 3/4 cup parmesan cheese
5. 1 large egg
6. 1/4 cup milk
7. 3 tbs garlic powder
8. 1/4 cup chopped parsley
9. 1/2 tsp salt
10. 2-3 tbs olive oil
11. 1 jar pasta/tomato sauce your favorite brand

Serves: 3-4

Instructions

1. Combine ground beef, ground pork, breadcrumbs, parmesan cheese, egg, milk, garlic powder, parsley and salt in large bowl
2. Mix until combined, do not over mix
3. Make 1.5 inch diameter meatballs from mixture
4. In large pan add olive oil over medium heat
5. Add meatballs to pan in smaller groups (not all at one time)
6. brown meatballs until golden brown on all sides (about 7 minutes)
7. Drain any excess grease
8. Add pasta sauce to pan (or use new pan) and simmer with meatballs covered for 20-30 minutes
9. Boil spaghetti according to instructions on box
10. Serve meatballs and sauce over pasta

Prep Time: 45 minutes