



All Star Spaghetti

SPAG01

Developed 12/13/2014

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Target Time 1 hour 15
minutes

Updated 12/13/2014

Effective 12/14/2014

Supersedes Na

Pre-Checks

There are no prerequisites for this dish.

Tools and Materials Required

Quantity	Description	Step
3 tables poons	olive oil	
3/4 cup	chopped onion	
4 cloves	garlic, minced	
2 (16 ounce) cans	crushed tomatoes	
3 (6 ounce) cans	tomato paste	
1 cup	water	
1/2 cup	sugar	
1/4 cup	chopped fresh oregano, divided	
1	dried bay leaf	
	salt and pepper to taste	
1	pound ground round	
1/2 cup	Italian seasoned bread crumbs	
1/4 cup	chopped fresh parsley	
2 eggs	lightly beaten	
1/2 cup	grated Parmesan cheese	
1 (16 ounce)	package uncooked spaghetti	

Key Reminders



Wash your hands!

Icon Legend



Exclamation Mark

Steps

1. Heat the olive oil in a large saucepan over medium heat, and cook the onion until lightly brown.

Visual Support

Mixing the sauce

2. Mix in 2 cloves garlic, and cook 1 minute.
3. Stir in crushed tomatoes, tomato paste, water, sugar, 1/2 the oregano, and bay leaf.
4. Season with salt and pepper.
5. Bring to a boil, reduce heat to low, and simmer while preparing meatballs.
6. In a bowl, mix the ground round, bread crumbs, remaining oregano, remaining garlic, parsley, eggs, and cheese.
7. Season with salt and pepper.
8. Roll into 1 inch balls, and drop into the sauce.
9. Cook 40 minutes in the sauce, or until internal temperature of meatballs reaches a minimum of 160 degrees F (72 degrees C).
10. Bring a large pot of lightly salted water to a boil, and stir in the spaghetti.
11. Cook 8 to 10 minutes, until al dente, and drain. Serve the meatballs and sauce over the cooked spaghetti.



Supplemental Information

Finished Spaghetti

