

Disney LADY AND THE TRAMP

VALENTINE'S DAY Romantic Meal



Recreate this very special recipe from Amber Kelley of CookingWithAmber.com



MEATBALLS IN RED SAUCE WITH NOODLES



Tomato Sauce

1 tbsp. grapeseed oil
1 large onion, chopped
3 garlic cloves, crushed
1/2 tsp. red pepper flakes
Two 28-ounce cans crushed tomatoes (low-sodium)
1/2 tsp. dried oregano
3 bay leaves
1 tsp. salt and 1/2 tsp. pepper, or to taste

Meatballs

1/2 cup whole wheat sandwich bread, crusts removed and torn into small pieces
1/2 cup grated onion
2 garlic cloves, crushed
1/3 c Parmesan, freshly grated
1/4 c fresh parsley, chopped
1 extra large egg
1 pound lean ground beef
1/2 pound mild Italian lower-sodium chicken sausage, removed from casing

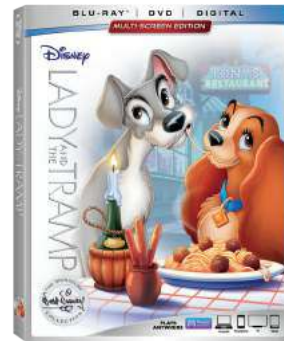
Spaghetti

4 quarts of water
1 pound spaghetti
OR 4 large zucchini and 1 tbsp. grapeseed oil

Toppings

1/2 cup basil, cut into thin ribbons
Freshly grated parmesan

Movie



Instructions on other side »

Fold

Fold

MEATBALLS IN RED SAUCE WITH NOODLES

1. To make the sauce, heat the oil and sauté onions over medium heat for 3-5 minutes, until translucent. Add the garlic and red pepper flakes and sauté for one minute more.

2. Add the tomatoes, oregano, bay leaves, salt, and pepper. Bring to a boil, then bring heat to low, cover with a lid and simmer while we make the meatballs.

3. Place bread pieces and grated onion (with juices) in a bowl, and let the bread soak the onion juice. Add garlic, parsley, parmesan, and egg in a bowl and combine, making sure all the bread is smashed to a paste and incorporated. To the onion mixture, add ground beef and chicken sausage and combine lightly, using your hands or a fork. Overworking your meat will make it tough.

4. Using your hands or a cookie scoop, lightly form the mixture into 1.5-2-inch meatballs and place them on a baking rack placed on top of a baking sheet. Make sure there is space between the meatballs so air can circulate.

5. Place the meatballs on an oven rack near the top of your oven, and broil the meatballs for about 8-10 minutes, until it is brown and has some crispy edges. Turn the meatballs, and broil the other side, about 5 more minutes.

6. Remove the bay leaves from the tomato sauce, and place the meatballs in the sauce. Continue to simmer the meatballs in tomato sauce in the covered pot for another half hour or more. Season with salt and pepper if needed.

7. You can choose to make regular pasta or zucchini noodles. For

PREPARATION

pasta, boil 4 quarts of water. Cook the pasta al dente, according to package instructions. Reserve some of the pasta water for stirring into the tomato sauce, if you'd prefer a thinner sauce. If you prefer zucchini noodles, create the noodles by using a spiralizer, or slicing thin with a mandolin and then cutting into thin strips using a knife. Heat the oil in a pan, sauté the zucchini noodles for 1-2 minutes to soften it a bit. Season with salt and pepper.

8. Toss the noodles with pasta sauce, top with meatballs, and sprinkle with basil and parmesan. Serve with a crunchy green salad.

9. Start the movie!

Yield = 8 servings

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Disney
LADY AND THE TRAMP

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WILL YOU BE MY LADY?



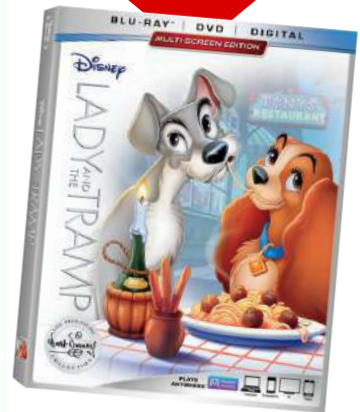
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