

VEAL MEATBALLS – ITALIAN STYLE

Total preparation and cooking time: 1 hour (Makes 4 servings)

Ingredients:

1 lb.	Ground veal
1 cup	Soft bread crumbs
1	Egg, slightly beaten
¼ cup	Finely chopped onion
2 tbsp.	Finely chopped fresh parsley
½ tsp.	Salt
½ tsp.	Crushed garlic
⅛ tsp.	Freshly ground black pepper
To taste	Grated Parmesan cheese

Sauce:

2 tsp.	Extra virgin olive oil
½ cup	Finely chopped onion
½ tsp.	Crushed garlic
1 can	Whole tomatoes, undrained (14 ½ to 16 oz.)
3 tbsp.	Tomato paste
1 tsp.	Italian seasoning, crushed
½ tsp.	Salt
¼ tsp.	Sugar
⅛ tsp.	Freshly ground black pepper
1 tbsp.	Grated Parmesan cheese

Instructions:

1. Prepare sauce. In 2 ½-quart saucepan, heat oil over medium heat until hot. Add onion and garlic; cook and stir 2 minutes or until onion is crisp-tender. Add tomatoes, breaking up with spoon; stir in tomato paste, Italian seasoning, salt, sugar and pepper. Bring to a boil. Reduce heat; simmer, uncovered, 20 minutes or until thickened, stirring occasionally. Remove from heat; keep warm.
2. Meanwhile, heat oven to 350°F. Combine ground veal, bread crumbs, egg, onion, parsley, salt, garlic and pepper, mixing lightly but thoroughly. (Mixture will be moist.) Shape into 12 meatballs; arrange in greased 15 x 10-inch jelly roll pan. Bake in 350°F oven 20 minutes or until centers are no longer pink, turning once.
3. Stir 1 tablespoon cheese into sauce. Arrange 3 meatballs on each of 4 individual plates; top with equal amounts of sauce. Sprinkle with cheese, as desired.

Cook's Tip: Prepared spaghetti sauce may be substituted for sauce.