

THE CULINARY

Playground



Meatballs

- 1 Tablespoon egg substitute
- 1/4 cup grated parmesan cheese
- 1/8 cup plain breadcrumbs
- 1/8 cup milk
- 1-2 teaspoon fresh minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried oregano
- 1 1/2 teaspoons dried parsley
- 6 oz ground beef

Preheat oven to 350 degrees.

Mix all ingredients together in a large bowl, adding meat last.

Shape into equally sized meatballs, about the size of a golf ball.

Spray a baking dish with nonstick spray. Place meatballs on cookie sheet, spacing them out so they are not touching. Bake for 20-25 minutes until they are cooked through and internal temperature is 160 degrees.

Basic Red Sauce

- 1 tablespoons extra-virgin olive oil
- 1/4 small onion, chopped
- 1 garlic clove, minced
- 1 small carrots, peeled and finely shredded
- 1 teaspoon fresh thyme
- 1/4 28 oz. can peeled whole tomatoes in juice, coarsely chopped
- 1/4 teaspoon Salt
- Fresh ground pepper

Heat olive oil in large saucepan over medium heat. Add onions and garlic; sauté until onions are soft, about 4 minutes. Add carrots and thyme, sauté until carrots are soft, about 3 more minutes. Add tomatoes with juice, and salt bring to a gentle boil, lower heat and simmer until sauce thickens, about 1 hour. Season with pepper and up to 1 teaspoon of sugar. May be made 1 day ahead.