



Penne Pasta and Italian Meatballs with Tomato Basil Sauce

Italian Meatballs

INGREDIENTS:

1 ¾ teaspoon Garlic, Minced
¼ each Onion, minced
¼ cups Parmesan, fresh, grated
¾ teaspoons Salt, kosher
¼ cup Flat leaf Italian parsley, chopped
1/8 teaspoon Black pepper
1# Lean ground beef 93/7
1 Tablespoon Egg Beaters

PREPARATION:

- Preheat oven to 350° F. In small saucepan, sauté onions and garlic; cook until tender, about 5-7 minutes.
- Remove from heat and place in medium bowl. Add egg, parmesan cheese, salt, pepper and parsley then mix well. Add beef; mix gently with hands just until combined.
- Form into 1" meatballs or make them ¾ ounce meatballs by weight. Bake for 10-15 minutes or until meatballs are about 145 degrees. Remove from oven.

**Chefs Note: Chill in refrigerator, then freeze. Freeze up to 3 months. To thaw, let stand in refrigerator overnight, or use frozen straight from the freezer and heated up in a sauce.*

Number of Servings: 4

Serving Size: 4-6 meatballs (4oz total)

Calories: 180

Fat grams: 7

Tomato Basil Sauce

INGREDIENTS:

¼ cup Olive oil
4 each Garlic cloves, minced
½ cup Tomato concentrate





8 cups Diced tomatoes, canned
12 leaves Fresh basil
1 Tablespoon Sugar
½ teaspoon Salt
To taste Ground pepper

PREPARATION:

- In a large saucepan, heat to medium low and warm the oil.
- Add the garlic and sauté until lightly golden.
- Stir in the tomato concentrate
- Add the tomatoes, basil and salt.
- Bring to a simmer and stir occasionally until the tomatoes break down.
- Remove from heat and let cool slightly and then put in food processor or blender and process until sauce is smooth.
- Make sure to taste sauce and adjust the seasoning if necessary.

Number of Servings: 15

Serving Size: ½ cup

Total Calories: 118

Fat Grams: 7

