

Mrs. K's Meatballs

By Ro Kavulich
of Bayonne High School

3 1/2 lbs chop meat
1/4 pork
1/4 veal
1/2 beef mixture



4 day old hamburger rolls grated
1/2 cup grated cheese (more or less depending on taste)
4 eggs
1 onion
2 garlic cloves
parsley
salt & pepper

Put all into a blender and mix until smooth, Add meat and bread mixture and blend together and shape into balls. Brown meatballs and skillet with very little oil.

Then cook in sauce (see recipe below)

Sauce

1 large can Italian plum tomatoes. 1 six ounce can tomato paste, 1 small onion, 1/4 tsp oregano, 1 garlic clove, and 3 basil leaves.

Mix all ingredients in blender until almost smooth, add 1 tsp of sugar, simmer sauce for 1/2 hour, then add meat and simmer for another hour and a half. Double this recipe to accommodate the above meatball recipe.