

Better Meatballs with Marinara Sauce

*Sara Moulton - Associated Press
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Servings: 6

*3/4 cup fresh bread crumbs
1/2 cup whole milk
1/2 pound ground beef (85% lean)
1/2 pound ground pork
1/2 pound ground veal
2 ounces prosciutto, finely chopped
2 ounces Parmigiano-Reggiano cheese,
finely grated
1 large egg
2 tablespoons tomato paste
2 teaspoons garlic, minced
3/4 teaspoon Kosher salt
1/2 teaspoon black pepper
3 tablespoons vegetable oil
1/2 cup all-purpose flour
1/2 cup red wine
5 cups marinara sauce
1 pound spaghetti
chopped fresh parsley (for garnish)
Parmigiano-Reggiano cheese (for
garnish)*

Preparation Time: 1 hour 15 minutes

In the bowl of a stand mixer, soak the bread crumbs in the milk for 20 minutes.

Add the beef, pork, veal, prosciutto, Parmigiano-Reggiano cheese, egg, tomato paste, garlic, salt and pepper. Using a paddle attachment, beat the mixture for 1 minute or until it is very well mixed. (Note: If you don't have a stand mixer, just mix all of the ingredients well with your hands for about 3 minutes.)

Pinch off a little bit of the meat mixture. Form it into a patty. In a small skillet, saute it until it is cooked through. Taste. Add more salt and pepper, if desired.

Scoop out the meat mixture, preferably using a one-ounce ice cream scoop. Roll the mixture into balls. (If you do not have an ice cream scoop, roll the meat into walnut-sized balls.) Chill for 30 minutes.

In a large skillet, heat half of the oil over medium-high heat. Toss one-half of the meatballs in the flour, shaking off the excess. Add them to the hot oil. Reduce the heat to medium. Cook the meatballs, shaking the pan and turning them gently until they are browned on several sides. Transfer them to a paper towel-lined plate. Repeat the procedure with the remaining flour, oil and meatballs.

Add the wine to the skillet. Simmer it, scraping up the brown bits, until it is reduced by half.

In a large saucepan, combine the meatballs with the marinara sauce and the reduced wine. Bring the liquid just up to a boil. Turn it down to a simmer and simmer it gently, stirring occasionally, for 20 minutes.

Serve over spaghetti, garnished with parsley.

Start to Finish Time: 2 hours 15 minutes

Per Serving (excluding unknown items): 730 Calories; 26g Fat (32.4% calories from fat); 33g Protein; 87g Carbohydrate; 6g Dietary Fiber; 103mg Cholesterol; 1514mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	730	Vitamin B6 (mg):	.7mg
% Calories from Fat:	32.4%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	49.2%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	18.4%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	26g	Folacin (mcg):	66mcg
Saturated Fat (g):	7g	Niacin (mg):	14mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	14
Cholesterol (mg):	103mg	% Refuse:	0.0%
Carbohydrate (g):	87g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	5 1/2
Protein (g):	33g	Lean Meat:	2 1/2
Sodium (mg):	1514mg	Vegetable:	1/2
Potassium (mg):	1152mg	Fruit:	0
Calcium (mg):	114mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	3 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	20mg		
Vitamin A (i.u.):	984IU		
Vitamin A (r.e.):	112 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 730 **Calories from Fat:** 237

% Daily Values*

Total Fat 26g	39%
Saturated Fat 7g	33%
Cholesterol 103mg	34%
Sodium 1514mg	63%
Total Carbohydrates 87g	29%
Dietary Fiber 6g	23%
Protein 33g	
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Vitamin A	20%
Vitamin C	33%
Calcium	11%
	35%

Iron

** Percent Daily Values are based on a 2000 calorie diet.*