Brains, Guts, and Eyeballs

(or just good old-fashioned Spaghetti and Meatballs!)

**Ingredients**

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| **For Pasta** | **For Meatballs** | **For Sauce** |
| Spaghetti noodles  Salt, for pasta water | 200 g ground beef  1 egg, beaten  125 mL bread crumbs  50 mL parmesan cheese  Salt and pepper, to taste | 30 mL olive oil  2 mL crushed red pepper flakes  2 cloves garlic, minced  ½ onion, chopped finely  250 mL vegetable stock  800 mL crushed tomatoes  1-2 stems parsley, minced |

**Directions**

1. Preheat oven to 425 degrees F.
2. Bring a large pot of water to a boil (#8). Add salt. Place a lid on the pot of water to ensure that the water boils faster. Once boiling, add pasta and cook to al dente (7-8 minutes). Use a colander to strain off the water. Put pasta back into the pot and set aside until meatballs and sauce are ready.
3. Mix ground beef, egg, bread crumbs, cheese, garlic, salt and pepper. Roll the beef into 1/2 inch ping pong-sized meatballs, and place on tin-foil covered cookie sheet. Bake meatballs 10 to 12 minutes, until no longer pink. Check to make sure the meatballs are done using your food thermometer.
4. Heat a medium skillet over moderate heat (#5). Add oil, crushed pepper, garlic and finely chopped onion. Sauté 5 to 7 minutes, until onion bits are soft and translucent. Add beef stock, crushed tomatoes, and herbs. Bring to a simmer, and cook for 10 minutes once bubbles start to form at the surface.
5. At the stovetop, dish up individual plates of pasta. Cover pasta with tomato sauce, and place meatballs on top. Garnish with parsley. Serve hot.