

MEATBALLS

- 1 Pound Ground Beef (85% lean)
- 1 Pound Ground Pork
- 2 Large Eggs
- 1 Cup Italian Seasoned Bread crumbs
- 1/2 Cup Grated Romano "Sprinkly" Cheese
- 2 - 28 oz Cans of Cheap Tomato Sauce
- 2 Small or 1 Medium Yellow Onion (Diced)
- 3 Cloves of Garlic (Minced)
- Olive Oil

Preheat the oven to 375° and paint the bottom of a large glass baking dish with olive oil.

Put about a tablespoon of oil into an 8-10 quart stock pot on high heat. Add the onions and cook them until they start to get translucent (about 8 minutes), then lower the heat to medium and add the garlic. Stir it constantly for about a minute to cook it, add the tomato sauce, and put it on the lowest setting on your stove. If you have a diffuser, put that under the pot and keep it on the lowest setting.

Put all of the remaining ingredients into a big bowl and mix them with your hands. Once it's mixed, grab a handful and roll 2-1/4" diameter meatballs.

Place the meatballs into the glass dish so that they're not touching and bake them for 35 minutes, then dump them into the sauce (along with most of the fat drippings in the pan) and let them simmer for a few hours, stirring occasionally. Don't let the sauce boil or you'll ruin it. Don't put too many onions in the sauce.