Not Your Mama’s Faux Pasta Marinara with Meatballs

Elizabeth Mulder Cut: Eye of Round

Prep time: Up to 15 minutes

Cook time: 20-25 minutes

Number of servings: 4-6

Equipment:

Meat grinder (if grinding fresh. Can also be ground at grocery store deli)

Cast Iron Skillet- 12” round

Non-stick Skillet- 11” round

Medium size Mixing Bowl- 6-8” round

Kitchen Knife

Wooden Spatula

Cutting board

3-4 toss bowls or small ramekins (for storing pre-chopped ingredients)- Optional

Ingredients:

Artichoke Hearts- 1 can artichoke hearts, quartered

Tomato sauce- 1 can

Tomatoes- 1 large beefsteak

Fresh oregano- 4 T, no stems, finely diced

Garlic paste- 4 T

Basil paste- 4 T

Beef- 1 pound eye of round- ground

Italian Style Breadcrumbs- 4 T

Worchestershire Sauce or Liquid Smoke- 3 T

Parmesan- freshly grated- 2 C

Salt and Pepper to taste

Instructions:

\*Prep: Finely dice the fresh tomato, grind or hand-mince round beef, finely chop the fresh oregano (remove stems). Set all ingredients aside.

\*Cooking instructions: in a non-stick saucepan turned to medium heat, add tomato sauce, diced tomatoes, garlic paste, basil paste, artichoke hearts, fresh oregano and a generous amount of salt and pepper. Cover and simmer on medium heat.

Pre-heat cast iron skillet to medium-high heat. In a mixing bowl, add in the ground round beef, 3-4 T of Italian style breadcrumbs, 1 T garlic paste, 1 T fresh oregano and 3 T Worchestershire sauce. Once mixed, roll into large meatballs, just under ¼ C or approx. 1 1/2" in diameter, which should yield approx. 12 large meatballs. Lightly spray skillet with cooking spray to avoid sticking and turn to high heat. Place meatballs into cast-iron skillet, and brown evenly on all sides (approx. 1-2 minutes per side). While last side is browning, directly top with a generous amount of fresh grated parmesan (about 1 ½- 2 C for the entire dozen, evenly distributed) on top of each meatball. Cover until melted (1-2 minutes).

To plate- in a large bowl, plate approx. 1 C of sauce mixture into bowl. Top each bowl with 2-3 large meatballs. Garnish with a small amount of fresh oregano and black pepper. Enjoy!