



# Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



## Spaghetti Sauce & Meatballs

Nonna Snowden recommends you visit her at [www.nonnasnowden.cooks](http://www.nonnasnowden.cooks) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. This sauce was passed down from Nonna's Great Grandmother “Mama Tess,” who immigrated from Italy. In fact, several limbs of the family tree and Nonna's children, also, make this sauce. Both among the family branches and within the 5th generation, there are very few recipe adaptations (and those aren't worth mentioning!!!). Mama Tess' living and cooking relatives, especially Nonna, hope you enjoy this as much as the family does!

### Ingredients:

1lb ground sirloin (Nonna does not recommend plain ground beef)  
2 eggs  
1-1.5 cups bread crumbs (plain or with Italian Seasoning)  
3/4 cup Sheep's Milk Romano Cheese (or a little more like a heaping cup)  
Jacobsen Ghost Chili Salt (season as you like)  
Dan Pastorini's Garlic Herb Seasoning (season as you like)  
1 lb Italian Sausage (hot gives the sauce more flavor)  
1 Large Onion (quartered or whole)  
1 Large Garlic Head (minced)  
1 jar (24.5 ounces) Mutti Tomato Puree  
1 tube Mutti Tomato Paste  
Olive Oil (used to brown meat - no specific amount)

**Putting it all together:** Mix the ground sirloin, eggs, salt, garlic herb mix, romano cheese, and bread crumbs. When all the ingredients are mixed the meat should be firm and somewhat dry - add bread crumbs if need be to make them firm. Form meatballs; make sure they are firm. You can make them any size you want.

Use a big pot and cover the bottom with olive oil, add onion (whole or quartered), minced garlic, and Italian sausage. Brown sausage on all sides. Take out sausage as it browns. Add meatballs and brown on all sides. If you use a lot of cheese the meatballs are more likely to stick to the pan, so don't let them sit too long. Once all the meatballs are browned, add tomato paste and brown (about a minute). Scrape any meat stuck to the bottom with the wooden spoon. Add puree and then water (as a general rule Nonna fills the puree jar with water and pours that into the pot. This rinses the jar for recycling and puts a little extra puree in the pot). Then put all the browned meat back into the pot and add more water (judgment call on how much). Stir. Bring to a boil. Once it starts boiling lower heat and simmer until thick. Stir occasionally making sure the meat is not sticking on the bottom. The more water you put in the pot, the longer you will have to simmer to ensure the sauce thickens. The longer you let it simmer, the more flavor and the better the sauce! Usual cooking time is 6-8 hours for a nice thick tomato sauce!

**Vegetarian:** If you want a vegetarian version, instead of meat just season with Dan Pastorini's Garlic Herb Seasoning, Jacobsen Garlic Salt, and add some fresh basil, oregano, and thyme.

**Double Batch:** If you want extra sauce for freezing or canning, just double down on the ingredients. This is a very easy recipe to double up and have left overs. In fact, most of Mama Tess' living relatives agree leftover sauce is often better than the first time around.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

