

Recipe

Mozzarella-Stuffed Meatballs with Spaghetti Squash

Shopping Cart:

- 1 LB Lean Ground Beef
- 1 LB Turkey Sausage (Or smoked Italian Sausage)
- 1 Ball of Fresh Mozzarella
- Shredded Parmesan
- Bread Crumbs
- Eggs
- Fresh Parsley
- Fresh Basil
- 1 Spaghetti Squash
- 2 Cans of whole peeled tomatoes
- 2 cans of tomato paste
- Garlic/Garlic Powder
- Salt
- Black Pepper
- Olive Oil
- Whole Milk

Make Sure to Have:

- Medium/Large sauce pot
- Pan that will hold water
- Frying Pan
- Bowl to mix

1. Pre-heat your oven to 350 degrees. Take the whole spaghetti squash and put it in the roasting pan. Put it in the oven for about 20 minutes to soften.
2. Put about 1tsp. of olive oil at the bottom of the sauce pot. Place both cans of whole peeled tomatoes in. Squeeze the tomatoes with your hands to crush them up. Add the tomato paste and stir. Take one of the tomato paste cans and fill with water, two times, and put into sauce. Put on the stove and start boiling.
3. Add salt to taste to the sauce, along with black pepper, basil leaves, fresh garlic (or powder), and any other Italian spice you want to put in there. Put a lid on and stir occasionally. Turn down to Low Heat after 10 minutes.
4. Take the Mozzarella and chop it in half. Take one half and cut it into strips and then into cubes. Put aside. (You can use more than just one half if you want).
5. Put the ground beef, sausage, 1 cup of bread crumbs, 2 tsp of salt, 1 tsp pepper, 1 tsp of garlic/garlic powder, ½ cup of parmesan, ¼ cup of chopped up parsley, 2 eggs, and 1 cup of whole milk into a mixing bowl and combine ingredients with your hands.
6. Take the spaghetti squash out of the oven. CAREFULLY cut it in half with a knife. Wear oven mitts while doing this. Scoop the seeds out of both sides. Lay them scooped side down in the pan. Fill with water half way up the squash. Put back in oven for 45 minutes or until a fork can poke through the top

7. Take the meatball mixture and form into balls. While making each meatball take one mozzarella cut cube and push it into the middle of the ball. Make sure the meat covers all of it. Do this each time and place in olive oiled pan. Brown the meatballs all over. Place all of them in the sauce. Keep stirring occasionally.
8. Once the squash is done carefully take it out of the oven. With oven mitts, take each half and put them scooped side up on a towel or the counter. Take a fork, and run it from each side. The squash will look stringy and like spaghetti. Take all of the stringed squash and put it in a bowl.
9. The meatballs should be done by this time. Check to make sure they're no longer pink

inside. Turn off the sauce and put everything on top of the spaghetti squash. Top with parmesan cheese (optional).

This feeds about 4 people and takes about 1 ½ hours of prep and cooking time. Enjoy!