



**TEAM FOUR**  
FOOD SERVICE



## Whole grain spaghetti with mozzarella stuffed meatballs

Yield: 10 servings

### *Ingredients:*

20 Oz. Barilla® whole grain spaghetti  
20 Oz. Ground beef (80/20)  
8 Oz. Italian sausage, off the casing  
5 Tbsp. Extra virgin olive oil  
1 ½ Cup onion, chopped  
3 Garlic cloves, chopped  
32 Oz. San Marzano tomatoes, crushed  
4 Slices white bread, no crust, diced  
1 Cup parmigiano cheese, grated, divided  
14 Oz. Bocconcini mozzarella  
1 Tbsp. Parsley, chopped  
¼ Cup basil, sliced  
Salt & black pepper to taste

### *Directions:*

1. In a sauce pot, gently fry the onion with olive oil for five minutes. Add 1 clove of chopped garlic, keep sautéing and one minute later add crushed tomatoes.
2. Add one cup of water, a pinch of salt and pepper and bring to simmer.
3. While the sauce is simmering, soak bread in water.
4. In a bowl, combine meat, 1/2 cup of parmigiano cheese, parsley, 1 clove chopped garlic, and soaked bread [squeeze out excess water].
5. Mix and when all comes together shape 1-inch size meatballs around mozzarella balls. [Very important to not over-mix]
6. Add meatballs to tomato sauce, simmer until thoroughly cooked, about 15 minutes.
7. Meanwhile, bring a pot of water to a boil and cook pasta according to package directions.
8. Drain pasta and toss with meatball sauce.
9. Finish with sliced basil, remaining parmigiano cheese and a drizzle of olive oil before serving.

Recipe and photo courtesy of Barilla