

July 2007 Pastoral Action Team Herbed Meatballs and Pasta in Marinara Sauce

Prepared, low-fat and low-sugar Marinara sauce
Chopped fresh or canned tomatoes
Chopped onion

Saute the onion in olive oil add tomatoes and simmer awhile with the prepared sauce. It's also good with green peppers and garlic but not necessary.

Low-fat ground beef
Italian seasonings
Tiny bit of apple cider vinegar
Eggbeaters (about 1/4cup per lb. of meat)
Mixture of dry oatmeal and breadcrumbs (about 1 cup per lb. of meat)
Dry mustard
Garlic salt

Mix above ingredients and roll into 3/4 inch balls. Bake in oven at 375 on a foil covered tray until browned nicely but not hard. (About 10 min.) Add to marinara sauce and let simmer a few minutes. You may also cook the meatballs in the sauce for at least 30 min. but that will give you rather gray meat and more saturated fat in the recipe.

Cook desired pasta as package directs, drain and serve with meatball sauce. Sprinkle with Parmesan cheese and fresh parsley.