



## Mom's Italian American gravy

## RECIPE

### **INGREDIENTS - Sauce**

All spices to taste & generous with the olive oil

- Olive oil
- Garlic
- Basil
- Oregano
- Parsley
- Salt
- Pepper
- 3 Tablespoons sugar
- 1 kg sausage
- 250g of pork bones
- 250g of veal bones
- 2 lbs of chop meat for meatballs (recipe to follow)
- 3 cans crushed tomatoes
- 1 can tomato puree
- 1 can whole tomatoes
- 1 can tomato paste
- 1 cup of water

### **INGREDIENTS - Meatballs**

All spices to taste

- 1 kg ground meat
- 3/4 c bread crumbs or 1/2 loaf stale Italian bread....wet with water and squeeze excess oo
- 2-3 eggs
- parsley
- oregano
- basil
- salt
- pepper
- 250g grated pecorino romano
- 1 1/2 T garlic

### **INSTRUCTIONS - Sauce**

- Over a medium gas heat (low electric) cover bottom of pan with olive oil
- Add garlic (to taste), sausage, veal and pork bones
- Brown meats and then add the seasonings to taste
- Add cup water
- Simmer until the meats are browned
- Add in all the cans of tomatoes and the paste. Make sure to squeeze the plum tomatoes!
- Add more seasoning if needed
- Do not cover, this tends to make the sauce too thin. I prefer to have a thicker gravy (sauce) that sticks to my macaroni (pasta)

### **INSTRUCTIONS – Meatballs**



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## **RECIPE**

- Again, with the seasoning...you add to your taste
- Mix all the ingredients together
- Roll into balls the size of a baby's fist
- Fry in olive oil on stove...not too much olive oil, just enough to cover the bottom of the frying pan
- Add meatballs to the gravy (sauce) while it's still cooking. I sometimes pour in some of the olive oil from the frying pan...give the gravy(sauce) more flavor

### **SERVING/NOTES**

- Serve with spaghetti or short, fat macaroni
- Sprinkle parmesan over plated pasta
- Freeze sauce with meatballs in portions that suit your needs for up to 6 weeks

### **NUTRITION NOTE**

This is a meal which includes all the components of a balanced plate in the perfect proportions; protein, complex carbs, and vegetables. A warming winter meal for nearly any palate.