
Spaguetti and meatballs

Ingredients for 80 portions

For meats balls

- 8 kg ground beef, organic
- 1.6 L of breadcrumbs
- 25 leaf of kale (or another leafy green)
- 14 eggs, medium
- 1.6 cup of oregano
- 0,8 L of parmesan
- 0,8 L of milk
- 4,8 kg of spaghetti (60 gr per portion)

For the sauce

- 4,8 L of onions
- 5 garlic blubs
- 9 L whole tomatoes
- 600 ml of tomato paste
- 2,4 cups of fresh basil
- 6,4 L of zucchini or eggplant

Instructions

Make meatballs

1. Combine breadcrumbs with eggs and milk.
2. Sweat onions and garlic. Use some for your meatballs and the rest for your tomato sauce.
3. Combine meat with breadcrumb mixture, cheese, herbs, onions and garlic.
4. Prepare meatballs. Roll 1/4 cup of meat. Place on parchment lined baking sheets and bake at 350F.
5. Turn to brown two sides and cook to an internal temperature of 150F.

Make sauce

1. Sweat onions and garlic until soft and translucent. Add tomato paste and cook, stirring constantly for several minutes. Add dried herbs. Add blended tomato. Reduce. Season.
2. Roast zucchini or another vegetable for the tomato sauce.
3. Mix in roasted zucchini.
4. Add fresh basil at the end of the cooking.