



MEATBALL SQUASH MARINARA

PREP TIME: 35min

COOK TIME: 30min

SERVINGS: 4-6

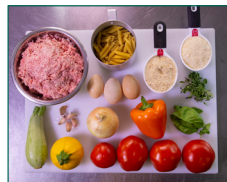
Ingredients

MEATBALLS

1 lb ground beef
2 eggs
1/2 onion
1 cup bread crumbs
3/4 cup parmesan
2 tbs oregano
2 cloves garlic

SAUCE

2 cups pasta
1/2 onion
1 bell pepper
2 squash
2 lbs tomatoes
2 tbs basil
3 cloves garlic



- 1 bring water to boil and add pasta, turn down to simmer, let cook for about 20min, and drain water
- 2 mix meatball ingredients together with about 2 tsp salt and 1 tsp pepper, and roll into 32 meatballs
- 3 bring olive oil to medium high heat in sauce pan and cook meatballs for about 10-12min, flipping halfway through, remove from pan, and drain fat from pan
- 4 sauté onion for 1min scraping up fond in pan, add garlic and bell pepper for 2min, add tomatoes and meatballs for about 5min, and add squash and oregano for about 7min
- 5 serve meatballs and sauce with pasta



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