



EASY HOMEMADE SPAGHETTI AND MEATBALLS

This recipe is a no brainer. If you want to teach your kids to cook, this would be a good starter recipe. © Nina Danao

Ingredients:

Half a batch of homemade burger patties
Chicken or pork stock (may be substituted with seasoned water)
400 grams spaghetti
1 medium white onion, chopped
1 Tbsp Minced garlic
1 Kilo Del Monte Filipino style Spaghetti sauce

1-2 Tbsp McCormick Italian spice
1 Tbsp dried oregano
Freshly ground pepper
Grated cheese (optional)
Cooking oil (for frying the meatballs)

Materials:

Sauce pan, small frying pan
and pepper mill

Method:

1. Prepare the meatballs:
 - 1.1. Mix a batch of Toni's homemade burgers. Instead of making patties, shape the mixture into balls.
 - 1.2. Drop the meatballs one at a time into boiling chicken or pork stock. The meatballs are cooked when they start to float to the surface. Set aside to cool.
 - 1.3. Heat some oil in a small frying pan. Fry the meatballs just enough to brown the outside. Set aside.
2. Boil the pasta as directed.
3. Prepare the sauce:
 - 3.1. Sauté the garlic and onion. When the garlic starts to brown and the onions clear, add the fried meatballs. Toss for a few minutes.
 - 3.2. Pour the tomato sauce and season with Italian spice, dried oregano and freshly ground pepper. If you like melted cheese in your sauce, you may add the cheese now.

Tips:

1. You can find the recipe for Toni's homemade burgers at www.toni.danao.org.
2. You may prepare the meatballs in advance; boil then freeze them. Thaw and fry for breakfast or baon.
3. When we had Toni, we started making homemade chicken stock to control our salt intake (not to mention preservatives). We make it ahead and keep it in the fridge.