

Stuffed Saucy Meatballs & Pasta

Total Recipe Time: 45 minutes

1-1/2 pounds Ground Beef
2 eggs, slightly beaten
1/2 cup seasoned bread crumbs
3 cloves garlic, minced
1 tablespoon finely chopped fresh oregano, divided
1 teaspoon salt
1/2 teaspoon pepper
12 small balls fresh mozzarella cheese (about 1/3 ounce each)
1 jar (25 to 26 ounces) red pepper pasta sauce or other pasta sauce
Hot cooked spaghetti rigati or linguine
Fresh oregano sprigs (optional)



1. Heat oven to 400°F. Combine Ground Beef, eggs, bread crumbs, garlic, 1 tablespoon chopped oregano, salt and pepper in large bowl, mixing lightly but thoroughly. Divide mixture into 12 equal portions. Lightly shape into patties. Place 1 mozzarella ball in center of each patty. Shape beef around cheese until completely enclosed inside forming meatballs. Place meatballs on aluminum-foil-lined 15 x 10-inch baking pan. Bake in 400°F oven 15 to 20 minutes.
2. Meanwhile, heat pasta sauce in large saucepan until hot, stirring occasionally. Add meatballs and cook until heated through, about 5 minutes.
3. Spoon meatballs and sauce onto pasta. Sprinkle with 1 tablespoon chopped oregano. Garnish with oregano sprigs, if desired.

Makes 4 to 6 servings

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Cook's Tip: Dried oregano leaves may be substituted for fresh. Use 1 teaspoon dried oregano leaves in meatball mixture. Add 1 teaspoon dried oregano leaves to pasta sauce before heating.

Nutrition information per serving (1/4 of recipe): 941 calories; 34 g fat (14 g saturated fat; 11 g monounsaturated fat); 24 mg cholesterol; 1541 mg sodium; 96 g carbohydrate; 5.4 g fiber; 57 g protein; 14 mg niacin; 0.6 mg vitamin B₆; 3.5 mcg vitamin B₁₂; 8.4 mg iron; 81.9 mcg selenium; 9.7 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving (1/6 of recipe): 627 calories; 23 g fat (9 g saturated fat; 8 g monounsaturated fat); 16 mg cholesterol; 1027 mg sodium; 64 g carbohydrate; 3.6 g fiber; 38 g protein; 9.3 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 5.6 mg iron; 54.6 mcg selenium; 6.5 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

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