

Choco Fever Dream

Baked Spaghetti and Meatballs

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 12 oz spaghetti
- [ ] 2 cups marinara sauce
- [ ] 1 cup mozzarella, shredded
- [ ] ½ cup Parmesan, grated
- [ ] 2 tbsp olive oil

For the Meatballs

- [ ] ½ cup breadcrumbs
- [ ] 1 egg, lightly beaten
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste

For the Sauce

- [ ] 1 can (28 oz) crushed tomatoes
- [ ] 1 tsp sugar
- [ ] 1 tbsp fresh basil, chopped
- [ ] ½ tsp red pepper flakes (optional)
- [ ] Salt to taste

Instructions

1. Preheat oven to 375°F (190°C). Bring a large pot of salted water to a boil, cook spaghetti until just al dente, then drain.
2. In a bowl, combine ground beef, breadcrumbs, egg, garlic, oregano, salt, and pepper; gently shape into 1-inch meatballs.
3. Heat olive oil in a skillet over medium-high heat; brown the meatballs on all sides, about 5 minutes, then set aside.
4. In the same pan, add crushed tomatoes, sugar, basil, and red pepper flakes; simmer 10 minutes, then stir in marinara sauce.
5. Add the browned meatballs to the sauce, let them soak for a few minutes while you assemble.
6. In a greased 9×13-inch baking dish, spread a thin layer of sauce, layer half the spaghetti, sprinkle half the mozzarella, then dollop meatballs and more sauce; repeat layers, ending with mozzarella and Parmesan on top.
7. Cover with foil and bake for 20 minutes; remove foil and bake an additional 15 minutes until cheese is golden and bubbling.

8 Let rest 5 minutes before serving; garnish with fresh basil if desired.

Nutrition per serving

420 kcal	26 g	42 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The cheese browns best when the top is exposed for the last 15 minutes.
- If sauce is too thick, thin with a splash of water or broth.
- Feel free to add sautéed mushrooms or bell peppers for extra texture.