

Choco Fever Dream

Meatball and Marinara Sauce Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Meatballs

- [ ] 1 lb ground beef
- [ ] 1/2 lb ground turkey
- [ ] 1/2 cup breadcrumbs
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 egg, lightly beaten
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

Marinara Sauce

- [ ] 2 cups crushed tomatoes
- [ ] 1/4 cup onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp sugar
- [ ] Salt and pepper to taste

Instructions

1. In a large bowl, combine beef, turkey, breadcrumbs, Parmesan, egg, garlic, parsley, salt, and pepper. Gently mix with hands until just combined; avoid over-working.
2. Form the mixture into 1-inch balls. In a hot skillet with a drizzle of olive oil, brown the meatballs on all sides, about 5 minutes; they don’t need to be cooked through yet.
3. Remove meatballs and set aside. In the same skillet, add a bit more oil if needed, then sauté onion until translucent, about 3 minutes. Add garlic, stir briefly, then pour in crushed tomatoes, oregano, sugar, salt, and pepper. Bring to a gentle simmer.
4. Return the browned meatballs to the sauce, cover, and let simmer for 15-20 minutes until meatballs are cooked through and flavors meld.
5. Stir in fresh parsley, adjust seasoning, and serve hot over your favorite pasta or with crusty bread.

Nutrition per serving

420 kcal	30 g	15 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red-pepper flakes while simmering the sauce.
- For a richer texture, drizzle a tiny splash of extra-virgin olive oil just before serving.
- Make ahead: sauce can be prepared a day early; reheat gently and add fresh meatballs.