

# Our State eats

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## Dad's Spaghetti Sauce

Yield: 8 servings.

- 3 tablespoons olive oil
- 3 medium white onions, chopped (about 3 cups)
- 3 (28-ounce) cans San Marzano whole peeled tomatoes
- 10 cloves garlic, minced
- 1 green bell pepper, cored and diced
- 1 cup dry red wine (cabernet sauvignon or merlot)
- 1 pound ground mild Italian sausage, cooked and drained
- 2 pounds ground sirloin, cooked and drained
- 3 tablespoons dried oregano
- 2 tablespoons dried basil
- 3 bay leaves
- 1 cup grated Parmesan cheese, plus more for serving
- ½ cup Italian parsley, chopped
- 3 tablespoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 teaspoon kosher salt
- ½ teaspoon red chili flakes
- 3 tablespoons tomato paste
- Cooked spaghetti, for serving**

Add olive oil to a large pot over low heat and cook onions until caramelized, about 30 minutes.

While onions are cooking, pour canned tomatoes into a mixing bowl and mash into bite-size pieces using your hands or the back of a spoon.

Stir garlic and bell pepper into the pot with onions and cook on low heat for 3 to 4 minutes.



Deglaze onions, garlic, and pepper with wine and cook on medium heat until liquid is reduced by half, about 5 to 7 minutes.

Add sausage, ground sirloin, tomatoes, oregano, basil, and bay leaves. Continue cooking over low heat for 30 minutes.

Stir in cheese, parsley, balsamic vinegar, sugar, salt, chili flakes, and tomato paste. Simmer for at least 30 minutes and up to 1 hour, stirring occasionally. Remove bay leaves and discard.

Ladle sauce over cooked spaghetti. Top with additional Parmesan cheese if desired.

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## Italian-Style Meatballs

*Yield: about 36 meatballs.*

- 1 pound ground chuck**
- 1 pound ground veal**
- ½ pound ground pork**
- 1 cup panko breadcrumbs**
- 3 large eggs, lightly beaten**
- ½ cup whole milk**
- 1 teaspoon kosher salt**
- 1 teaspoon ground black pepper**
- 6 cloves garlic, minced**
- 1 cup grated Parmesan**
- 1 handful Italian parsley, chopped**
- 4 to 6 tablespoons olive oil**

With clean hands, gently combine all ingredients (except olive oil) in a large bowl until well incorporated. Roll mixture into 1½-inch balls.

Heat olive oil in a heavy-bottomed skillet. Working in batches, place meatballs in skillet and cook on medium heat, turning occasionally, until all sides are browned and the internal temperature of each meatball is 160°.

Place cooked meatballs on cooling rack. Serve with fresh bread and marinara sauce or over spaghetti with sauce.



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## Lasagna Soup

Yield: 6 to 8 servings.

- 1 pound lean ground beef
- ½ pound ground Italian sausage
- Salt and pepper to taste
- 3 tablespoons olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 (24-ounce) jar marinara sauce
- ¼ teaspoon red pepper flakes
- ½ cup Italian parsley, chopped
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 7 cups chicken broth (or vegetable broth)
- 10 uncooked lasagna noodles
- 1 cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- 10 ounces whole-milk ricotta cheese
- ¼ teaspoon nutmeg
- Fresh basil, for garnish

In a large pot over medium-high heat, cook ground beef and sausage until browned. Season with salt and pepper as you cook. Drain grease, remove meat from pot, and set aside.

In the same pot, heat olive oil over medium heat. Add onion and sauté for about 5 minutes, stirring occasionally. Add garlic and cook for 1 to 2 minutes.

Stir in tomato paste, marinara sauce, red pepper flakes, parsley, oregano, basil, and broth. Return meat to pot.



Bring sauce to a boil, then break lasagna noodles into 2 or 3 pieces and place into pot. Reduce heat to medium-low and cook, stirring occasionally, until noodles are tender, approximately 12 to 15 minutes.

In a small bowl, stir together mozzarella, Parmesan, ricotta, and nutmeg.

Ladle the hot soup into bowls and dollop a scoop of cheese mixture on top of each. Garnish with fresh basil leaves. Serve with garlic toast.

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