

How to Make Spaghetti and Meatballs

Quick Reference Guide

Have you viewed my instructional lesson on how to teach a 10-year-old how to make spaghetti and meatballs? If so, you've come to the right place! This is a reference guide that you can pull up on your device (or print), to help guide you through the process. Have fun!

Step One: Buy the ingredients needed to make spaghetti and meatballs

For the meatballs:

- 1 lb lean ground beef
- 1 cup Italian style breadcrumbs
- 1 egg
- 1 yellow onion, chopped
- 2 tablespoons of fresh oregano, chopped
- Water, if needed

For the sauce:

- 1 jar of your favorite pasta sauce

For the spaghetti:

- 1 box of spaghetti noodles

Step Two: Prepare the homemade meatballs (and boil the spaghetti water)

Bring a pot of water to a boil. Sprinkle in some salt.

Place all of your ingredients into a large bowl. Mix together (clean hands work best!). Add water, if needed. Using an ice cream scoop or a measuring cup, grab a spoonful of the meat mixture and roll into a ball. Place into a frying pan.

Step Three: Cook the spaghetti noodles and meatballs

Add your spaghetti noodles and cook according to the package (al dente). Cook the meatballs in the frying pan until the juices are running clear and the meatballs are thoroughly cooked. Drain the meatballs on a paper towel, if necessary. Drain the spaghetti noodles and shake dry.

Step Four: Plate the spaghetti and meatballs

Place the desired amount of spaghetti noodles into a bowl or onto a plate. Add your meatballs and sauce. Sprinkle with Parmesan cheese, if desired. Enjoy!