



Historical Society of Pennsylvania

PHILADELPHIA'S LIBRARY OF AMERICAN HISTORY

Meatballs & Gravy

Ingredients

- 1-2 lbs. Meatloaf Mix (beef, pork, veal)
- 1 lb. boneless pork spare ribs
- 1 lb. sausage – your option 6 links or more
- 1 large can (28-32 oz depending on brand) crushed tomatoes
- 1 large can (28-32 oz depending on brand) Tomato Puree
- 12 oz tomato paste
- 1 onion, peeled
- 4 cloves Garlic peeled & cut in half
- Italian seasoned Breadcrumbs
- Italian seasoning
- Salt or seasoned Salt
- Onion powder or Minced Onion
- Oregano
- Crushed basil
- Garlic powder
- Black pepper
- 1 Bay leaf (if you don't have it, use 4 teaspoons sugar)
- Locatelli or Pecorino Romano grated cheese
- 1 or 2 eggs
- Milk
- Olive Oil
- Good red wine (good enough to drink!)

Directions:

Make the meatballs first.

Directions for Meatballs:

In a mixing bowl combine the ground meat or meatloaf mix with 1 cup (8 oz) seasoned Breadcrumbs, 1 egg (if under 1 ½ pounds, 2 Eggs if over,) 1 Tablespoon garlic powder, 1 tablespoon onion powder or minced onion, ½ teaspoon salt, ½ teaspoon black pepper,

1 teaspoon oregano, 1 teaspoon Italian seasoning, and 4 tablespoons grated cheese.

Start out with ½ cup of milk. Add the milk a little at a time to the meat mixture. You will have to use your judgement. If the mixture seems too dry and the ingredients are not mixing you will have to add more milk. Be careful here to add a little at a time as too much milk and the meatballs will fall apart while cooking.

If you wet your hands with cold water before rolling the meat mixture into balls it will not stick to your hands. Some people fry the meatballs before adding to the gravy, I do not.

Making the Gravy:

In a large (5qt +) sauce pan put in enough olive oil to coat bottom of pan, onion and garlic. Heat oil garlic and onion, and add the spare ribs & sausage. Brown meat on two sides. After browning, remove the meat and onion. Next, add the tomato paste and hold an empty can (6 oz) on the side. Over medium heat, stir tomato paste until most of the oil is absorbed (about 5 minutes).

Put enough water in tomato paste can (about ½ can) to wash out tomato paste sticking inside can and add to mixture in saucepan along with ½ teaspoon of the crushed basil. Simmer this mixture over low heat for about 7 minutes with lid on, stirring about half way through. Next, add crushed tomatoes and the tomato puree. Fill one of the cans ½ way with water and use this to wash out contents of can by swirling the water around. Transfer water to other can and do the same thing.

Add the water mixture along with 1 teaspoon Italian seasoning, 1 teaspoon oregano and stir mixture well. Put back in the browned meat, onion and 6oz of red wine. Also add in the meatballs at this time. Bring this to a boil and then reduce heat to low. Add in the bay leaf (or 4 teaspoons of sugar) and stir. Simmer this over low heat for 2 hours, stirring occasionally.