

Italian Cheesy Meatballs with Casarecce Alfredo

February 2015, by Camine Pappas

Makes 4 Servings

INGREDIENTS:

¾ lb ground lean beef

1 egg

1 T dried basil

¼ t dried dill

¼ t dried oregano

Pinch of turmeric

2 T 2% milk

Handful (about 1/3 C) Progresso

Italian Bread Crumbs

1/3 C grated Pecorino Romano
cheese

1/3 C grated *Parmigiano-Reggiano*
cheese

4 C cooked Casarecce pasta al dente

Bottle of your favorite Alfredo sauce

1/3 C white wine

2 T oil

1 C sliced tri color peppers



DIRECTIONS:

Combine all ingredients down to and including the cheese. Form into about 10 large meatballs. Heat a pan with 1 T oil. Brown the meatballs on each side, about 2 minutes each. Remove meatballs from pan and cover. Add the peppers and cook till soft, about 1 minute. Deglaze with the wine, let simmer until reduced. About 2-3 minutes. Add the Alfredo sauce, and return the meatballs to the pan. Cover and let heat and cook through, about 10-12 minutes.

While meatballs are cooking, prepare a pan of boiling water. Add pasta to boiling water and cook to al dente, about 7 minutes. Add the pasta to the cheese mixture, and let simmer on low about 3 or 4 minutes until pasta is cooked.

Serve with fresh basil.

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