



## **Stuffed Beef Bracirole, Sunday Sauce and Meatballs**

### **STUFFED BEEF BRACIOLE**

#### **Stuffing Ingredients**

2 large eggs, beaten  
1 tsp. garlic powder  
½ C grated parmesan cheese  
2 T finely chopped fresh parsley  
½ C bread crumbs  
Salt and pepper to taste

#### **Preparation**

Place eggs in a mixing bowl and beat lightly. Add ingredients except bread crumbs and mix well. Then add bread crumbs while mixing constantly. Use only enough bread crumbs to bring the mixture to a soft, spreadable paste. Add salt and pepper to taste (remember that the cheese is salty too.)

### **BEEF BRACIOLI**

#### **Ingredients**

1 lb. thinly sliced round steak  
1 batch of stuffing mix (above)  
1 T olive oil  
Salt and pepper to taste

#### **Preparation**

Place meat on a board and pound with a mallet until 1/8 inch thick and a rectangular shape. Season the meat lightly with salt and pepper. Spread the stuffing along one long end of the meat. Tightly roll the meat long ways. Tie the roll with kitchen string. Heat olive oil in a heavy pan and brown all sides of the beef roll. Remove and set aside. Use the same pan, with beef browning drippings, and begin the sauce.

### **SUNDAY SAUCE**

#### **Ingredients**

2 T olive oil, if needed in the pan after browning the Bracioli  
1 small onion, diced  
3 cloves garlic, minced  
2 T dried oregano



1 T dried basil  
½ tsp. red pepper flake  
½ tsp. black pepper  
2 bay leaves  
½ tsp. thyme  
28 oz can whole tomatoes, diced small, juice retained  
2 15 oz cans tomato sauce  
1 6 oz. can tomato paste  
Salt and pepper to taste

### **Preparation**

Heat the olive oil in the pot with the beef browning drippings, add onion and cook for 3 minutes then add the garlic. A minute later, add the dried spices and heat (do not burn) in the onion and garlic mixture to develop the spice flavors. Add the tomato products, salt and pepper, bring to boil, and reduce to simmer. Add the browned Beef Braccioni to the pot. Cook for 3 hours on low heat. Re-season as necessary.

### **MEATBALLS**

#### **Ingredients**

1 T olive oil  
½ minced onion  
½ C bread crumbs  
¼ C milk  
1 large egg, beaten  
1 tsp. oregano  
2 T dried parsley  
1 tsp. thyme  
3 T parmesan  
1 lb. ground meat (we prefer ground beef, but often substitute ground turkey for a more healthful version)  
¼ tsp. cayenne  
1 tsp. garlic powder  
Salt and pepper to taste

### **Preparation**

Heat the olive oil in a skillet and cook the diced onion for several minutes until tender and translucent. Cool. Soak the bread crumbs in milk for several minutes. Add all ingredients into a large mixing bowl. Mix completely with your hands. Roll meatballs into desired size and place on a sheet pan covered with plastic wrap. Cover the meatballs with more plastic wrap and refrigerate for at least an hour.



Heat a skillet with a thin coat of cooking spray or olive oil and brown the meatballs on all sides. Once browned, add them to the Sunday Sauce pot and cook for at least 1 hour.

#### **ITALIAN SAUSAGE**

##### **Preparation**

After browning the meatballs, slice store-bought sausage of choice (or make your own) and brown in the same pan. Add the sausage to the pot of Sunday Sauce. Cook everything together for at least one hour. Serve over cooked pasta.