



Red Clay Cook-Off Family Style



Quick & Easy Marinara Sauce

Ingredients:

¼ C Extra Virgin Olive Oil
¾ of a Large Onion, Grated
2 TBSP Garlic, Minced
1 ½ tsp Dried Oregano
1 ½ tsp Dried Parsley
Pinch of Salt & Pepper
1 28-oz Can Crushed Tomatoes
1 28-oz Can Tomato Sauce

Directions:

Grate a medium onion using a hand grater and set aside. Add extra virgin olive oil to a medium-large pot over medium heat and add grated onions. Mince ~4 cloves of garlic to yield about 2 tbsp chopped. Add to the pot with onions and sauté until fragrant and onions are translucent, about 1-2 minutes. Add dried oregano, parsley, salt and pepper. Sauté for about 30 seconds to “wake up” the flavors from the spices. Add both the crushed tomatoes and the tomato sauce, stir to combine. Allow sauce to simmer for about 20 minutes or longer, stirring occasionally.

Homemade Italian Meatballs

Ingredients:

1 lb Meatloaf Mix (can also use lean ground beef, turkey or chicken)
¼ of Large Onion, Grated or Finely Chopped
2 TBSP Garlic, Chopped, ~4 large cloves
1 Egg
½ C Breadcrumbs
½ C Parmesan Cheese, Grated
1 ½ tsp Fresh Parsley, Chopped
1 ½ tsp Fresh Basil, Chopped
1 ½ tsp Dried Oregano

Directions:

Preheat oven to 350 degrees. Grate or finely chop a ¼ of a large onion (or half a small) and set aside. Add meatloaf mix to a large mixing bowl. Mince ~4 cloves of garlic to yield about 2 tbsp chopped. Add onions and garlic to mixing bowl. Whisk 1 egg in a separate bowl. Add egg and remaining ingredients to mixing bowl. Mix until all ingredients are incorporated using your hands or a spoon. Using a small ice cream scooper for consistency of size, scoop meatballs into your hand and roll into a circle. Place the meatballs on a baking sheet and bake for 12-15 minutes or until cooked through.