

Treasure Barrel

Dump and Bake Meatball Casserole

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Meatballs

- [ ] 1 lb ground beef
- [ ] 1/2 cup breadcrumbs
- [ ] 1/4 cup grated parmesan
- [ ] 1 egg
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tsp garlic powder
- [ ] Salt and pepper to taste

Sauce

- [ ] 2 tbsp olive oil
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 28 oz crushed tomatoes
- [ ] 1 tbsp tomato paste
- [ ] 1 tsp Italian seasoning
- [ ] 1 tsp sugar
- [ ] 1 tsp red wine vinegar
- [ ] Salt and pepper to taste

Topping

- [ ] 2 cups shredded mozzarella
- [ ] 1/4 cup grated parmesan

Instructions

1. Preheat the oven to 425°F (220°C). In a bowl, combine ground beef, breadcrumbs, parmesan, egg, parsley, garlic powder, salt, and pepper; gently mix and form into golf-ball sized meatballs.
2. In a large skillet, heat olive oil over medium heat; sauté onion until translucent, then add garlic for another minute.
3. Add crushed tomatoes, tomato paste, Italian seasoning, sugar, and vinegar; stir and let simmer for 5 minutes, then season with salt and pepper.
4. Dump the uncooked meatballs into the sauce, spooning some sauce over each; cover the skillet with foil and bake for 25 minutes.
5. Remove foil, sprinkle mozzarella and parmesan on top, and bake uncovered for another 10 minutes until the cheese is golden and bubbling.

Nutrition per serving

420 kcal	35 g	15 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the casserole rest five minutes before serving to allow the sauce to thicken.
- If you prefer a spicier kick, add a pinch of red pepper flakes to the sauce.
- You can prepare the meatball mixture a day ahead and refrigerate.