



# SPAGHETTI & MEATBALLS

Serves: 4

Prep Time: 20 min

Cook Time: 20 min

## INGREDIENTS:

- 1/2 cup onion, fine diced
- 16 oz SE Grocers ground beef
- 1 cup Italian bread crumbs
- 1 egg
- 2 tsp minced garlic
- 1 cup heavy cream
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp oregano, freshly minced
- 1 (28 oz) jar pasta sauce
- 1 clove of garlic, finely minced
- 2 tbsp olive oil
- 1/2 lb spaghetti
- 2 tbsp grated parmesan cheese

## METHOD:

1. In a large bowl, combine the onion, ground beef, bread crumbs, heavy cream, garlic, egg, salt, pepper and oregano. Mix thoroughly. Heat the olive oil in a skillet over medium heat and add just enough meatballs to fit in the pan. Brown on all sides using a rolling motion to cook evenly. Continue this process until all meatballs are browned. Set aside.
2. Drain any fat in the pan but leave any pieces of the meatball, onion and garlic and add the pasta sauce. Cook for about 4 minutes until lightly bubbling. Reduce the pan to medium low and add the meatballs back to the sauce. Cover with a lid and cook for about 30 minutes. Sauce should be lightly bubbling but not simmering rapidly.
3. In a large stock pot of salted boiling water, add spaghetti and cook to package directions. Drain the spaghetti, toss with the sauce, add the meatballs and top with grated parmesan cheese.



# SHRIMP & SAUSAGE FETTUCCINI ALFREDO

Serves:  
**4**

Prep Time:  
**5 min**

Cook Time:  
**15 min**

## INGREDIENTS:

- 1 (16 oz) jar SE Grocers classic alfredo sauce
- 2 gal salted water, for boiling
- ½ lb fettuccini pasta, dry
- 2 tbsp SE Grocers whole unsalted butter
- 2 cups shrimp, peeled and deveined, thawed and drained
- 1 tbsp chopped Parsley
- 1 tsp garlic, minced
- ½ lb Italian sausage, mild
- Cracked pepper, to taste

## METHOD:

1. Preheat oven to 375 degrees. Place sausage on a sheet pan and bake in the oven until internal temperature reaches 165 degrees. Slice into ¼-inch pieces; set aside.
2. Place water in a large pot on the stove and add 3-4 tablespoons of salt and the 2 gallons of water; bring to a boil. Add fettuccine and boil for 10 minutes or until soft. Using a colander, drain the pasta to remove all the water, do not rinse.
3. Add the jar of alfredo sauce to the pot and return to the stove on medium heat. Once the sauce is bubbling, turn off heat and add the fettuccine pasta back to the pot and mix thoroughly until all of the pasta is coated.
4. Heat a skillet to medium heat. Once hot, place the butter and the garlic into the pan and cook for about 1 minute. Add the shrimp and cook just until it starts to turn pink.
5. Turn off the heat; add the cooked Italian sausage and let the shrimp and sausage continue to heat together slowly.
6. Place about 8 ounces of pasta in a serving bowl then top with the sautéed shrimp and sausage. Garnish with cracked black pepper and freshly chopped parsley.