



## Meatballs and Sauce

*Dr. Alice Manicur, VP of Student Affairs & Special Advisor to the President*

Worked at FSU from 1960-2007

*Lynn Ketterman, Director of Development, Division of University Advancement*

Started working at FSU in 1995

### MEATBALL INGREDIENTS

- Lean meat
- Romano cheese, grated
- Bread crumbs
- 2 eggs
- Basil and oregano (fresh dried), to taste, but add more basil than oregano

### SAUCE INGREDIENTS:

- 2 cans diced tomatoes or a heaping spoonful of tomato puree can be substituted
- 2 cups onion (chopped)
- 1 cup celery (chopped)
- 4-5 bulbs fresh garlic (don't use garlic powder)
- Season to taste with oregano (only a little), basil, parsley, sugar (1 tsp recommended), salt and pepper
- 1 quart size jar of Rago Old World Style Traditional Sauce

### MEATBALL DIRECTIONS:

1. Combine ingredients.
2. Shape into balls and brown in a skillet.
3. Add meatballs to sauce and simmer on low all day.

### SAUCE DIRECTIONS:

1. Combine ingredients and cook slowly on low heat.
2. If desired, make smooth by blending in a blender (before adding meatballs).

### FSU CONNECTION:

I was invited over for dinner a few times while working with Dr. Alice Manicur. Every meal she made was so delicious. When I asked her to share her recipe with me, she explained the exact quantity of each ingredient needs to be determined by the cook!