

Neapolitan Meatballs

½ cup	bulgur
2 tbs	extra-virgin olive oil, divided
8 ea	cloves garlic, thinly sliced
¾ tsp	dried oregano
¼ tsp	crushed red pepper
2 ea	28oz cans dice tomatoes
4 cup	diced plum tomatoes
2 cup	cubed whole wheat bread
1 ea	large egg
1 ea	large egg white
1 lb	93% lean ground beef
½ cup	shredded Parmesan cheese
½ tsp	ground cinnamon
½ tsp	fresh ground pepper
1/8 tsp	salt
½ tsp	sugar (optional)

- Place bulgur in a medium bowl and cover generously with hot water. Let soak for 30 minutes. Drain in a fine sieve, pressing to remove excess liquid.
- Meanwhile, heat 1 tablespoon oil in a large Dutch oven over medium=low heat. Add garlic, oregano and crushed red pepper; cook, stirring, until softened but not browned, about 1 minute. Stir in canned tomatoes and plum tomatoes; increase heat to medium=high and bring to a simmer. Reduce heat to low. Partially cover and let simmer while you prepare meatballs.
- Place bread in a medium bowl and cover with cold water. Let soak for a few minutes. Drain and squeeze out moisture.
- Whisk egg and egg white in a large bowl. Add the bulgur, the bread, beef, Parmesan, cinnamon, pepper and salt. Gently combine with a potato masher or your hands. Form into 20 oval meatballs about 2 inches long.
- Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the meatballs and cook, turning occasionally, until browned all over, 3 to 4 minutes. Transfer to a paper towel=lined plate; blot with paper towels. Brown the remaining meatballs.
- Mash the simmering tomato sauce with a potato masher to break down any large chunks of tomato. Add the meatballs to the sauce. Simmer over low heat, partially covered, for 50 minutes.
- Taste the sauce and add sugar, if it seems tart, and additional pepper to taste. Serve the meatballs with the sauce.