

# Easy Spaghetti and Meatballs

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Language and Literacy

## What You Need:



- 2 (30 ounce) jars of spaghetti sauce
- 2 lbs. lean ground beef
- 2 eggs
- $\frac{3}{4}$  cup dry breadcrumbs
- $\frac{1}{4}$  cup fresh parsley, chopped
- 1 clove garlic, minced
- $\frac{1}{2}$ -1 tsp. salt
- $\frac{1}{4}$  cup Parmesan cheese
- 1 lb spaghetti, cooked

## What To Do:

1. Place spaghetti sauce in a large saucepan and simmer over medium heat.
2. Have your child help mix beef, eggs, breadcrumbs, parsley, garlic, salt and Parmesan cheese in a large bowl. Talk about how all the ingredients blended together.
3. Together, shape the mixture into 18 meatballs. Make sure to wash hands well before and after touching the mixture.
4. Place meatballs in simmering sauce.
5. When sauce returns to a simmer, cover and cook 30-35 minutes until meatballs are cooked through.
6. Serve sauce and meatballs over warm spaghetti.

Adapted from Genius Kitchen



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