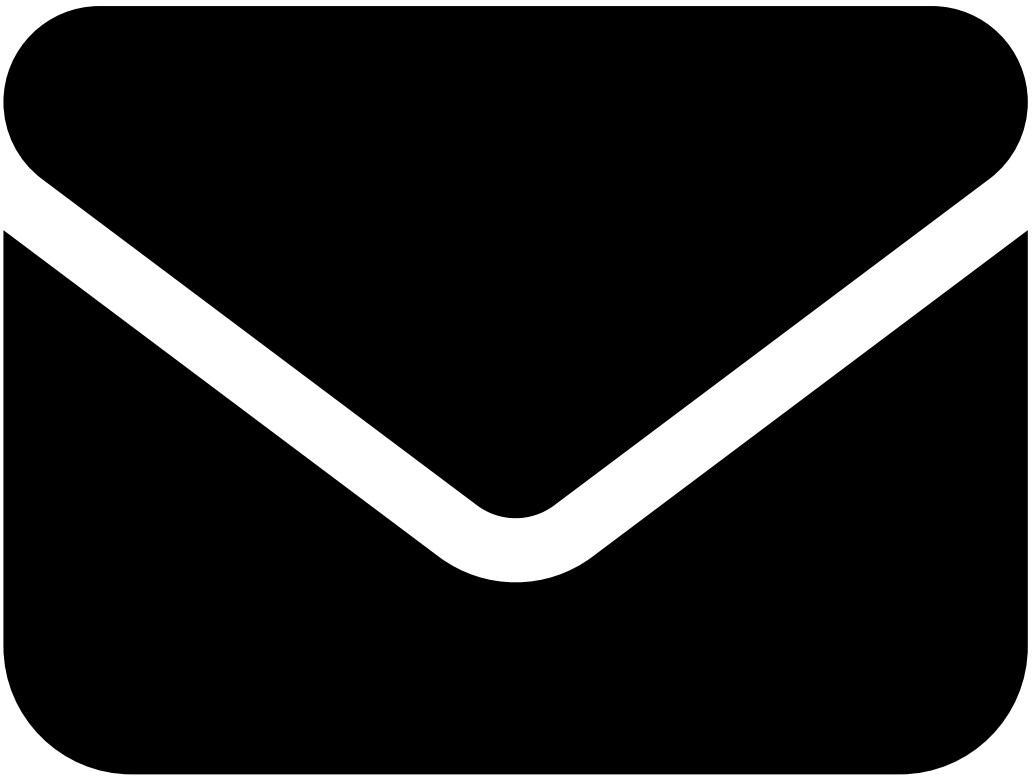
Italian Meatball Sunday Sauce with Homemade Meatballs

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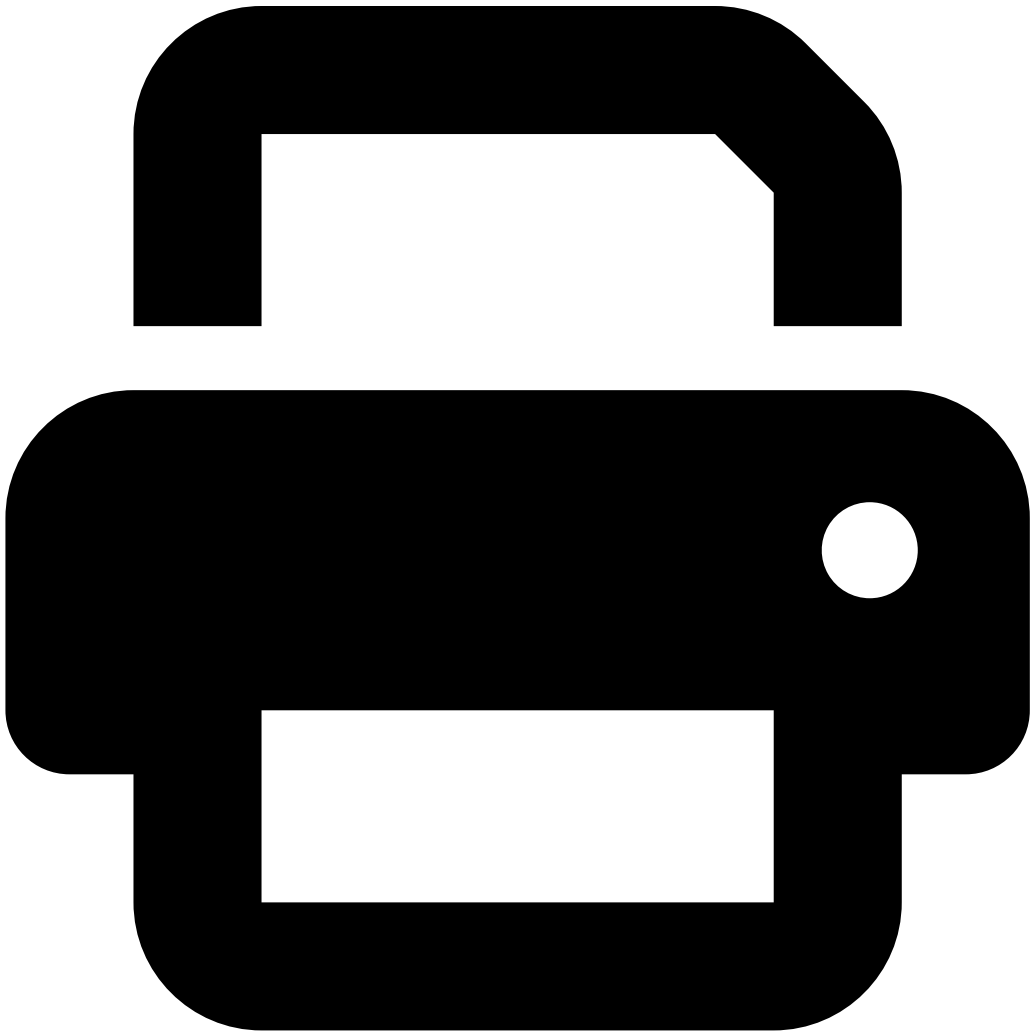
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There’s something special about Italian Sundays. It’s the day when life slows down, the kitchen becomes the heart of the home, and the smell of sauce simmering on the stove fills the house.

In my family, Sundays and sauce went together like peanut butter and jelly. Sunday sauce wasn’t just dinner—it was a tradition, a time to gather around the table, share a meal, and enjoy being together. It’s the kind of food that brings back memories and connects generations.

My Meatball Sunday Sauce is my easier, more approachable version of that tradition. You still get tender, flavorful meatballs and a rich tomato sauce, but without spending all day in the kitchen. The sauce cooks for about 1½ hours, giving you plenty of time to let the flavors develop while keeping the recipe manageable for today’s home cook.

It’s also a great recipe to make ahead, and like many Italian sauces, it may taste even better the next day. Serve it over your favorite pasta, add some crusty bread, and you have the kind of Sunday meal that brings everyone to the table.

Because Sunday sauce is about more than the sauce—it’s about family, tradition, and making time for the people you love.

Why This Meatball Sunday Sauce Is Perfect for Busy Days

Minimal prep: The ingredients are simple and easy to find, and you don’t need any fancy equipment or complicated techniques.

Easy to assemble: The meatballs come together quickly, and the sauce can be simmering on the stove in about 30 minutes. Then you can let it cook while you get on with the rest of your day.

Make-ahead friendly: Both the meatballs and sauce can be made ahead and refrigerated for up to 3 days or frozen for up to 3 months. Just reheat when you’re ready for an easy homemade meal that tastes like you spent all day in the kitchen.

Versatile: Serve this Sunday sauce over your favorite pasta, spoon it over creamy polenta, or enjoy the meatballs and sauce on their own with plenty of crusty bread for dipping.

Meatball Sunday Sauce doesn’t have to be complicated to feel special. This recipe gives you all the comfort and flavor of a traditional Italian Sunday meal without spending the entire day in the kitchen. Make it ahead, let the flavors develop, and when you’re ready to eat, simply reheat and bring everyone to the table.

If your looking for more authentic easy Italian Recipes try my easy Sicilian Potato Salad (no Mayo) for an easy side dish everyone loves, Or Acqua Pazza “fish in crazy water, or a light healthy dinner that comes together in minutes

Italian Meatball Sunday Sauce with Homemade Meatballs



This Italian Meatball Sunday Sauce is a comforting family-style meal made with tender homemade meatballs simmered in a rich, flavorful tomato sauce. My easy version brings the taste and tradition of an Italian Sunday meal to the table without spending all day in the kitchen.

- 2 eggs
- 1/3 cup milk
- 1 cup day-old bread (crust removed (or 1 cup plain breadcrumbs))
- 1/3 cup grated parmesan
- 2 Tbsp. chopped Italian parsley
- 1 Tbsp. finely minced garlic + 1 teaspoon garlic powder
- 1/4 cup finely chopped onion + 1 Tbsp. onion powder
- 1 Lb. lean ground beef
- Salt and pepper to taste

INGREDIENTS FOR THE SAUCE

- 2 Tbsp. olive oil
- 1 small onion
- 1 handful
- Italian parsley
- 3 cloves of garlic
- 2 San Manzano 14 oz. crushed tomatoes
- 1 San Manzano 14 oz. can tomato sauce

- 1 Tbsp. oregano
- 1 cup water from rinsing out the tomato cans
- A few fresh basil leaves
- 1 Tbsp. butter

1. Start by making the sauce. Chop the onion, garlic and Italian parsley into almost a paste. Then in 2 Tbsp. of olive oil over medium high heat saute the paste until soft and fragrant.

2. Add the tomatoes rinse out the cans with a little water and add to the stock pot. Bring to a slow simmer. cover and simmer for 1 hour. In the meantime make the meatballs: Preheat your oven to 375- degrees In a bowl add the eggs, milk, cheese and bread. Let sit for 10 minutes. Then add the rest of the meatball ingredients except for the ground beef and mix until well combined. Then add the ground beef, and mix just until well mixed. With wet hands form the meat into golf size balls. You should have 10 meatballs with this amount of ingredients.
3. Bake the meatballs on a parchment lined cookie sheet for 10 -12 minutes or until just beginning to brown.
4. After the sauce has been simmering for 1 hour. Add the baked meatballs and simmer the Sunday sauce for 1 hour longer. Add 1 Tbsp. of butter for a rich finish, and fresh basil.



Don’t rush the simmer. The longer the meatballs gently cook in the tomato sauce, the more flavor they add to the sauce. Keep the heat low and let everything simmer gently rather than boiling.
Main Course
Italian
Sunday sauce with meatball