Stuffed Meatballs   
Serves 6 to 8

For the Meatballs:

4 cups beef stock  
11/4 pound ground chuck  
1 tablespoon extra -virgin olive oil

½ cup diced sweet onion  
3 garlic cloves, minced  
1/3 cup Romano cheese, grated

1/3 cup Italian Breadcrumbs  
1 teaspoon salt  
1/2 freshly ground pepper  
1 large egg  
12 mozzarella balls

1 tablespoon dry parsley

Sauce:  
4 tablespoons extra-virgin olive oil  
½ cup onion diced

3 cloves of garlic minced  
2 28 ounce cans of crushed tomatoes in juice

1 teaspoon salt

½ teaspoon pepper

1 teaspoon garlic powder  
1 teaspoon sugar  
1 bay leaf  
1 teaspoon dry oregano  
1 teaspoon dried basil

In a large bowl, add the ground meat, parsley, breadcrumbs, egg and grated cheese.  
Pour beef stock into a stock pot and heat to a simmer with lid off.  
Add the oil to a sauté pan and heat for two minutes, add the onions and cook for 4 minutes add the garlic and cook 2 minutes longer, be careful not to brown. Remove from the heat.  
When the onions and garlic are cool to the touch, add them to the meat mixture and mix with your hands to evenly distribute the ingredients.  
Form the meatballs into 2 inch balls.  
Stuff each meatball with a piece of cheese and seal.  
Gently drop the meatballs into the simmering stock and cook for 10 minutes over medium.  
Transfer meatballs to a platter, and pour stock into a separate bowl; skim off fat.  
Heat oil in a stock pot and heat for two minutes. Add the onion and cook for 4 minutes, stir in the garlic and cook for 2 minutes longer.  
Add remaining sauce ingredients into the stock pot and simmer for 30 minutes.

Add meatballs and ¼ cup of reserved beef stock to the tomato sauce and cook for 20 minutes longer.

Serve over pasta.