



Meatballs

*Makes 15-20

Ingredients:

2lb ground beef *I prefer 80/20.

3 cloves garlic (pressed)

¼ cup parmesan or romano cheese

¾ cup breadcrumbs

2 eggs

1 Tbsp milk

Spices:

Salt, pepper, onion powder, garlic powder

1 Tbsp dry minced onion

1 Tbsp Italian Seasoning

Instructions:

- Preheat oven to 375 degrees. Spray baking dish with non-stick spray.
- Add spices and parmesan to meat. Mix lightly with fork.
- Whisk eggs and milk.
- Make a well for breadcrumbs.
- Pour milk/egg mixture over breadcrumbs.
- Mix with wet hands.
- Roll into balls.
- Bake 15-20 minutes until meatballs are well browned.
- Pat grease with paper towel.
- Simmer in sauce for 2-3 hours.