Italian Meatballs

August 26, 2021

- 1 - 1½ Pounds of Ground Beef
- 2-3 Eggs
- Chopped Garlic
- Parmesan Cheese
- Fresh Parsley or Parsley Flakes
- Italian Seasoned Bread Crumbs
- Salt
- Pepper
- Chopped Fresh or Dried Basil

Preheat oven to 350 degrees.

Spray a cookie sheet or 9x13 with nonstick spray.

Beat eggs in large mixing bowl.

Add chopped garlic, parmesan cheese, parsley, salt, pepper and basil as desired and mix thoroughly.

Add seasoned bread crumbs until mixture is slightly moist but not dry. Moisten hands with water and mix meat thoroughly into mixture in bowl.

Roll mixture into 1.5 inch meatballs.

Place in baking pan and cook at 350 degrees about 25 minutes or until browned, turning meatballs halfway through the cooking.

Makes 10-12 meatballs

Note: Meatballs can be made any size. Beef can be mixed with pork or veal for a different taste. Ground turkey can be used, but I prefer it in meatloaf instead.

I often make several pounds of meatballs, freeze them, and take out a few for a grinder or pasta meal. They still taste great!

The basic recipe is from my mother, Rosalie Anastasio whom I helped fry the meatballs when I was a little girl. (I loved "testing" a couple!)