

Recipe for: Authentic Meatballs

You may substitute 2 lbs ground turkey or pork for half of the ground chuck. For a really flavorful meatball, use 2 lbs ground chuck, 1 lb ground pork and 1 lb ground veal. This recipe makes between 6-7 dozen meatballs.

Ingredients

4 lb ground beef chuck
2 sweet yellow onions, chopped
16 slices bread, torn or cut into small ½ inch pieces
4 lightly beaten eggs
1 t garlic powder
3 t Italian seasoning
3 T basil pesto (see basil pesto recipe)
4 t parsley flakes
1 cup grated Parmigiano Reggiano
3 t kosher salt
1 t freshly ground black pepper
Olive oil for baking

Directions

Mix all ingredients together in a large bowl. I prefer to mix my meatballs by hand to get an even distribution of flavors without over mixing.

Roll meatballs to 1 ½" in diameter. Use a small ice cream scooper for size consistency.

Place meatballs on cookie sheet with parchment paper.

Drizzle with olive oil.

Bake at 400 for 8-10 minutes or until cooked through. Be careful not to overcook the meatballs as they will be heated through again in whatever sauce you prefer.

Remove to a plate and cool. At this point the meatballs may be frozen for later use (vacuum sealer recommended) or used in appetizers, spaghetti sauce, sandwiches, pizza, etc.

