

Easy Italian Meatballs

Ingredient List

1 lb ground beef (I prefer an 80/20)
1 egg
¼ c milk (I prefer skim, but any kind will work)
½ cup Italian bread crumbs
¼ c Parmesan cheese, grated
¼ c onion, finely chopped
½ t salt
1 t oregano
2 t parsley
½ t garlic powder
½ t pepper

Instructions

Place top rack of oven about 4 inches from broiler. Preheat broiler to high. Cover a baking sheet with foil. Spray lightly with non-stick cooking spray. Set aside.

In a large bowl, mix all ingredients using your hands. Be gentle with the mixture and do not over mix.

Roll meatballs to the size of golf balls. Place on baking sheet. Broil on top rack of the oven for 5 minutes. Remove from oven, turn meatballs over and broil for an additional 5 minutes.

Remove meatballs from baking sheet and place into marinara sauce to simmer for 3-4 hours. If desired, instead of simmering in sauce immediately, allow meatballs to cool and place plastic freezer bags to freeze for future use.

Enjoy!