

HOMEMADE MEATBALLS



Ingredients:

- 2 pounds of ground beef (*I like to use a package of meatloaf mix that contains about 1 1/2 pounds of ground chuck and 1/2 pound of ground pork*)
- 1/2 cup Italian style breadcrumbs
- 1 egg
- 1/4 teaspoon salt
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon black pepper
- 1 small onion, chopped
- 1-2 cloves of garlic, minced (*You can use dried or already minced garlic from a jar.*) **optional**
- 1/2 teaspoon of Italian seasoning
- Pinch of red pepper flakes
- 2 – 3 tablespoon of grated Parmesan cheese (**optional**)

Using less breadcrumbs and substituting with Parmesan cheese, will reduce the carbs. If not adding cheese, use about 3/4 cup of breadcrumbs.

DIRECTIONS:

Oven Baking Method

1. Preheat oven to 400 degrees.
2. Combine all ingredients in a large bowl. Mix well and form the mixture into 1 1/2 inch balls. (*The recipe should make about 20 meatballs.*)

3. *Place the meatballs on a large ungreased baking pan (13" x 8" x 2"). Be sure to leave some space between the meatballs for even browning. If you only have a small baking pan, you cook the meat in batches.*
4. *Put the pan in the oven (uncovered) and bake until golden brown -- about 20 to 25 minutes.*

Pan Fry:

1. *Coat the frying pan with a drizzle of oil or a small amount of cooking spray. *If using a nonstick pan, this step may not be needed. The less liquid on the bottom of the pan the better the meat will brown.*
2. *Over medium heat, brown the meatballs for about 20 minutes. Be sure to turn them occasionally for even browning.*