

Basic Beef Meatballs

INGREDIENTS

5 thick slices day-old or toasted Italian bread	1 1/2 pounds lean ground beef	fresh-cracked black pepper
1/2 bulb garlic	1 egg, lightly beaten	
1/4 bunch fresh parsley	1/4 cup fresh-grated Parmesan or Romano cheese	

SUGGESTED COOKWARE

large mixing bowl, standard baking pan or skillet

DIRECTIONS

Soak the bread in water for 1 minute. Thoroughly squeeze out all the liquid. Peel and mince the garlic. Clean and chop the parsley.

1

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DIRECTIONS

In large mixing bowl, combine all the ingredients, form the mixture into balls about 2 to 3 inches in size.

Bake or fry the meatballs: To bake, preheat oven to 375°. Place the meatballs in a lightly greased baking pan, and cover. Bake for 30 minutes. Uncover, and brown for 5 to 10 minutes. To fry, heat about 1 tablespoon olive oil to medium temperature in skillet. Fry for 30 minutes uncovered and stirring occasionally, until cooked through.

Transfer the meatballs to paper towels to drain. Serve the meatballs plain, with sauce or over pasta.

2