

INGREDIENTS

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

SUGGESTED COOKWARE

large mixing bowl, standard baking pan or skillet

DIRECTIONS

- 1** Soak the bread in water for 1 minute. Thoroughly squeeze out all the liquid. Peel and mince the garlic. Clean and chop the parsley.
- 2** In large mixing bowl, combine all the ingredients, form the mixture into balls about 2 to 3 inches in size.
- 3** 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.
- 4** Transfer the meatballs to paper towels to drain. Serve the meatballs plain, with sauce or over pasta.