

# Meatballs

(Cynthia)

## **Ingredients:**

*1 pound of ground beef  
1 pound ground pork  
1 pound ground veal (or beef)  
1/2 cup plain breadcrumbs  
2 or 3 eggs  
1/2 sweet onion, diced  
4 or 5 garlic cloves, chopped  
1/4 cup fresh parsley, chopped fine  
1/2 cup Parmesan cheese, grated  
1 teaspoon dried basil  
1-2 pinches red pepper flake  
1 teaspoon salt  
1 cup beef broth*

## **Instructions:**

Use olive oil to grease broiler pan. Place rack in oven to second level just below broiler.

In a large bowl, combine the breadcrumbs, egg, onion, garlic, parsley, parmesan cheese, basil, red pepper flake, salt, and beef broth.

Add all 3 pounds of meat. Combine with hands until mixture is uniform, so not over mix. Add another egg if mixture doesn't seem to hold together well.

Put a little olive oil on your hands and form mixture into balls a little larger than golf balls.

Broil meatballs, working in batches if necessary, and just brown meatballs, turning once. (If you're not planning on using these in the gravy recipe, then cook through.)

Transfer the meatballs to the pot with the gravy and simmer for 2-3 hours.

*Makes 45-50 meatballs*