

Meatballs

(Original Recipe)

Ingredients:

1 pound of ground beef, 85% lean
1/3 cup of Italian bread crumbs
1/2 cup of Parmesan cheese
3 large garlic cloves, minced
1/2 teaspoon of salt
1 Tablespoon of dried parsley
1 egg, beaten



Instructions:

In a large bowl mix all ingredients thoroughly with your hands. Break off enough to cup in your hands and roll into balls. The fats in the ground beef will coat your hands and form a smooth coating on the meatball when rolled for 20-30 seconds. This will keep the meatball together when it is frying. You can then fry the meatballs in olive oil (or use in the gravy recipe). Fry them until nice and brown all over, add a bit of sauce and mozzarella in an Italian roll, then stick under the broiler for a few seconds - makes a great sub!

Makes 12 meatballs