



*Anna Lisa*

*authentic • gourmet • homemade*



# *Meat Balls*

## What you need...

Cookie sheet ( to bake the meat balls) A mixing bowl, Ice cream scoop or spoon depending how large you'd like your meatballs to be and, the ingredients listed below. I hope you enjoy these as much as I do!

- 1 lb lean ground beef
- Egg
- 1/2 cup Italian bread crumbs ( I prefer to use fresh bread crumbs but pre- packaged work well too. If you're choosing to use fresh then you should use a full cup!)
- 1/4 cup grated Parmesan cheese
- 1 medium onion Chopped very fine
- Few cloves of garlic 2-3 (use your discretion) chopped very fine
- Basil, Oregano, thyme chopped if you have fresh, or dry works too a pinch of each depending on how much you prefer
- A Pinch of Salt & Pepper

## How you prepare...

Combine all the above ingredients in a mixing bowl. If your mixture is too dry, add a tablespoon or so of water. If it's too wet, then add a little more bread crumb mixture. You want it to stick together nicely like, well like a meatball!

You can use an ice cream scoop a spoon or just your best judgement to get the right size of meat balls, whichever feels best to you.

Toss the meatballs in to your simmering Sauce Anna Lisa and allow them to cook for about 20 minutes. Or if you're making more than enough for dinner and wish to freeze the rest for the next time, bake them on the cookie sheet at 375 for 20 to 30 minutes ( or until a nice golden brown). Remove from oven and set aside to cool. Once they are completely cool put them in a freezer bag or glad container and toss in the freezer till next time!

Buon Appetito!