Italian Meatballs - Beef & Pork

- Prep 20 m
- Cook 35 m
- Ready In 2 h 15 m

"Homemade meatballs are very easy to make, and since we skip the very messy step of pan-frying these before they hit the sauce, it becomes downright simple.

Here I use a standard half-beef/half-pork mixture. You can substitute water or beef broth for the milk, if preferred."

Ingredients

- 1/3 cup plain bread crumbs
- 1/2 cup milk
- 2 tablespoons olive oil
- 1 onion, diced
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 1/4 bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1 teaspoon dried Italian herb seasoning
- 2 tablespoons grated Parmesan cheese

Directions

1. Cover a baking sheet with foil and spray lightly with cooking spray.
2. Soak bread crumbs in milk in a small bowl for 20 minutes.
3. Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes.
4. Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley,
   garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and
   Parmesan cheese into meat mixture with a rubber spatula until combined.

Cover and refrigerate for about one hour.

5. Preheat an oven to 425 degrees F (220 degrees C).
6. Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto
   prepared baking sheet.
7. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

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