

# tasty Recipe

## Italian Meatballs

### INGREDIENTS

1 lb lean ground beef  
½ cup Italian seasoned  
breadcrumbs  
¼ cup freshly grated  
Parmesan cheese  
½ small onion, diced

2 tbsp milk  
1 tbsp chopped fresh  
rosemary  
1 tbsp chopped fresh  
oregano  
1 tbsp chopped fresh basil

1½ tsp kosher salt  
½ tsp freshly cracked  
black pepper  
2 cloves garlic, minced  
1 large egg, lightly beaten  
Olive oil for hands



### INSTRUCTIONS

- Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- In a large mixing bowl, combine the beef, breadcrumbs, cheese, onion, milk, herbs, salt, pepper, garlic, and egg using clean hands to gently mix everything until well-blended. Be careful not to overmix or your meatballs will be tough.
- Using a 2 tbsp scoop, portion out the meatballs and place them on the prepared baking sheet. After you scoop all the meatballs onto the baking sheet, lightly oil your hands with olive oil to prevent the meatballs from sticking and roll them into balls.
- Bake for 20-22 minutes or until the meatballs are browned and cooked through. You can transfer them to your sauce or enjoy them straight from the pan - no sauce required!

**TIP:** Use a scoop to make uniform-size meatballs so they cook evenly.

