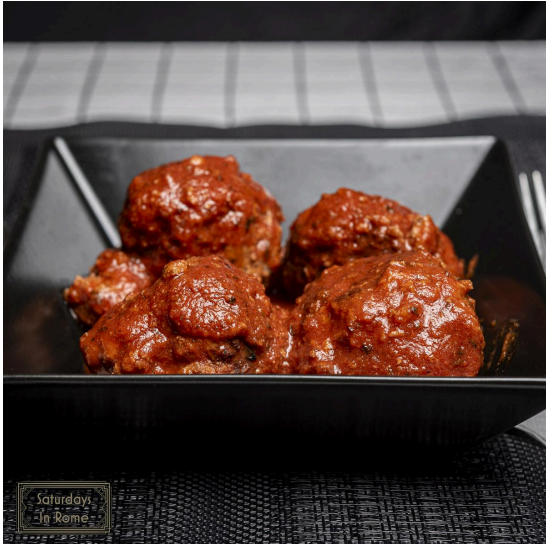


# Authentic Italian Meatball Recipe

**Serves:** 6 | **Prep Time:** 30 Min | **Cook Time:** 180 Min | **Difficulty:** Easy



## INGREDIENTS

- 2 Lbs. (1 Kg) Ground Beef
- 4 Large Eggs
- 1/2C (120 ml) Grated Parmigiano Reggiano Cheese
- 1C (240 ml) Bread Crumbs
- 1C (240 ml) Whole Milk
- 1 Tb. (15 gm) Dried Oregano
- 1 Tb. (15 gm) Dried Basil
- 4 Cloves Garlic
- 1 Onion
- Extra Virgin Olive Oil
- Salt and Pepper To Taste

## Serving Suggestions

Add 3 or 4 meatballs to your serving dish, add a little more sauce and top with grated Parmigiano Reggiano cheese.

## DIRECTIONS

1. Make the panade by adding the bread crumbs to a bowl, add enough whole milk to cover them, then set aside to soak.
2. In a large mixing bowl, combine the ground beef and eggs and mix well.
3. In a frying pan, sauté the onions, herbs and garlic in some olive oil and cook until the onions are translucent. Once cooked, put into a small bowl and allow to cool in the freezer.
4. Once the aromatics have cooled, combine them with the meat, eggs, panade and cheese and mix well.
5. If the mixture seems too wet and won't hold together, add more breadcrumbs to stiffen up the mixture. Add ¼ cup at a time until you are happy with the consistency.
6. Form the mixture into meatballs that are larger than golf balls, but smaller than baseballs.
7. In batches, add the meatballs to an oiled, non-stick frying pan and cook until brown on the outside, but they can still be raw on the inside.
8. When all the meatballs are cooked, add to a pot of your favorite tomato sauce and cook for at least 3 hours on a low simmer. Check on the pot to make sure nothing is sticking to the bottom.
9. After 3 hours, remove them from the sauce and let them cool off a little bit.