

MEATBALLS

Ingredients:

- 2 lb ground beef
- 1 lb ground pork
- 1 1/2 cup breadcrumbs
- 3 large eggs
- 3/4 cup milk
- 1 large white onion, diced
- 3 tablespoons warschescire sauce
- 1 – 2 tablespoons italian seasoning
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper



Instructions:

- (1) Mix all ingredients in a large bowl. We often substitute the 1 pound of ground pork for an extra pound of ground beef, and the milk for coconut milk.
- (2) Roll into balls of desired size and preheat oven to 425.
- (3) Pour a generous amount of olive oil into a large pan and heat on high. When hot, sear the meatballs on all sides until browned. Transfer to baking sheet and bake for 15-20 minutes (depending on the size of the meatball).