

Meatballs

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
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Directions

Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes. Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes. 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. Preheat an oven to 425 degrees F. Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet.

Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

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