



Chef John's Italian Meatballs



Prep
20 m

Cook
35 m

Ready In
2 h 15 m

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Recipe By: Chef John

"Homemade meatballs are a 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

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