

# Meatball Nirvana

This beef meatball recipe is a compilation of many, many meatball recipes to finally achieve what I was looking for... Meatball Nirvana! Cover with your favorite red sauce and serve with pasta or in crusty garlic bread rolls.

**Prep Time:** 20 mins  
**Cook Time:** 20 mins  
**Total Time:** 40 mins

## Ingredients

- 1 pound extra lean ground beef
- 1 egg
- 1 small onion, diced
- ½ cup seasoned bread crumbs
- ⅓ cup skim milk
- ¼ cup grated Parmesan cheese
- 1 ½ tablespoons Worcestershire sauce
- 1 ½ teaspoons Italian seasoning
- ¾ teaspoon dried oregano
- ¾ teaspoon crushed red pepper flakes
- ½ teaspoon sea salt
- 1 big teaspoon garlic
- 1 dash hot pepper sauce (such as Frank's RedHot®), or to taste
- EVOO (to cook onions)

## Directions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Cook onions
3. Place ground beef, onions, egg, bread crumbs, milk, Parmesan cheese, Worcestershire sauce, Italian seasoning, oregano, red pepper flakes, salt, garlic salt, and hot pepper sauce into a large bowl; mix until evenly combined. Shape the mixture into 12 meatballs and place onto a baking sheet.
4. Bake in the preheated oven until no longer pink in the center, 20 to 25 minutes.

## Nutrition Facts

Calories	343
total fat	17g
saturated fat	7g
cholesterol	95mg
sodium	940mg
total carbohydrate	15g
dietary fiber	2g
total sugars	3g
protein	31g
vitamin c	4mg
calcium	142mg
iron	7mg
potassium	513mg