Italian Meatballs

These Italian meatballs are very easy to make, and since we skip the messy step of pan-frying the meatballs, it becomes downright simple! Here I use a standard half-beef/half-pork mixture. Once the meatballs are baked, add them to your favorite prepared tomato sauce and simmer for 1 to 2 hours.

Prep Time: 20 mins

Cook Time: 35 mins

Additional Time: 1 hr 20 mins

Total Time: 2 hrs 15 mins

Servings: 8

Ingredients

- ⅓ cup plain bread crumbs
- ½ cup milk or beef broth
- 2 tablespoons olive oil
- 1 onion, diced
- 1 pound ground beef
- 1 pound ground pork
- 2 large eggs
- 2 tablespoons grated Parmesan cheese
- ¼ bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried Italian herb seasoning
- ½ teaspoon red pepper flakes

Directions

1. Gather all ingredients.
2. Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes.

3. Meanwhile, heat olive oil in a skillet over medium heat. Add onion; cook and stir until onion has softened and turned translucent, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more.

4. Gently stir beef and pork together in a large bowl. Add onions, bread crumb mixture, eggs, Parmesan cheese, parsley, garlic, salt, black pepper, Italian herb seasoning, and red pepper flakes; mix together using a rubber spatula until combined. Cover and refrigerate for about one hour.

5. Preheat the oven to 425 degrees F (220 degrees C).

6. Form mixture into balls about 1 ½ inches in diameter; arrange in a single layer on the prepared baking sheet.

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

8. Serve with your favorite tomato sauce. Enjoy!

Chef's Notes

Some recipes use equal portions of beef, veal, and pork, which is also nice, yet more expensive. These days you can find all sorts of lean-to-fat ratios for ground beef. Most stores sell 90% lean, 10% fat, but I prefer the 80% lean, 20% fat ratio for this recipe.

More About This Recipe:

Chef John's Italian meatballs are tender, juicy, and oh-so flavorful. They're baked instead of fried, so cleanup is breeze.

How to Make Italian Meatballs

You'll find a detailed ingredient list and step-by-step instructions in the Italian meatball recipe above, but let's go over the basics:

Italian Meatball Ingredients

These are the ingredients you'll need to make this Italian meatball recipe:

- **Bread crumbs**: Use store-bought bread crumbs or make your own at home.

- **Milk**: Milk adds moisture, ensuring the meatballs don't dry out during the cooking process.

- **Onion**: An onion lends bold flavor.

- **Meat**: You'll need a pound of ground beef and a pound of ground pork.

- **Egg**: An egg adds moisture and helps bind the meatballs together.

- **Cheese**: For the most delicious results, grate your own Parmesan cheese.

- **Seasonings**: The meatballs are seasoned with fresh parsley, garlic, salt, black pepper, dried Italian herb seasoning, and red pepper flakes.

How Do You Make Italian Meatballs?

Here's a brief overview of what you can expect when you make homemade Italian meatballs:

1. Cook the onion.

2. Mix all the ingredients together. Cove and chill.

3. Form the mixture into balls.

4. Bake the meatballs in the preheated oven.