

# Baked Meatballs

Recipe by: Cooks Illustrated Jan/Feb 2009, modified by the O'Connor clan

Servings: 6

Amount	Ingredient
1 pound	meatloaf mix
1/4 cup	heavy cream
1	egg, beaten
2 slices	good white bread, crusts removed and torn into chunks
1 teaspoon	onion powder
1/8 teaspoons	ground allspice
1/8 teaspoons	ground nutmeg
pinch	pepper
1 teaspoon	brown sugar
1 teaspoon	baking powder

- preheat oven to 400
- mix heavy cream, egg, and bread in a large bowl to form a paste
- add meatloaf mix, onion, allspice, nutmeg, pepper, brown sugar, salt, and baking powder, mixing with hand until well combined
- using a #70 cookie scoop or tablespoon, form meatballs onto tray (makes 40-50 small meatballs)
- bake 20-30 minutes until browned