

Homemade Meatballs

- 1 lb. ground meat (I used 90/10 ground beef.)
- 3-4 garlic cloves, minced
- 1 onion, finely chopped
- 1 large egg
- 1/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/4 tsp. ground black pepper
- Dash of salt
- 1/4 cup of whole wheat flour

Homemade Meatballs

1. Wash hands with warm soapy water, for 20 seconds. Make sure to scrub around your wrists, in between your fingers, and under your nails.
2. Preheat oven to 350 degrees Fahrenheit.
3. Line a cookie sheet with a piece of parchment paper.
4. Peel garlic and onion and place in a blender/food processor. (I used a NutriBullet to pulse everything together.)
5. Place ground meat, breadcrumbs, onion and garlic mixture, salt, and pepper in a large mixing bowl.
6. Crack the egg and add that to the large mixing bowl.
7. Thoroughly mix all the contents of the large mixing bowl.
8. Take some of the meat mixture and begin making meatballs that are 1 inch in diameter. (A melon baller could help with this.)
9. Place 1/4 cup of whole wheat flour on a plate.
10. To add a little crispiness to the meatballs, roll the meatball in the flour and fully coat it.
11. Place flour coated meatballs on the parchment paper.
 - a. Make sure to space them out evenly, so they don't stick together when cooking.
 - b. I fit 22 on my cookie sheet.
12. Place cookie sheet in oven and bake for 45 minutes, or until the internal temperature is 160 degrees Fahrenheit.
13. Once cooked, remove from oven and let cool for 10-15 minutes before serving.

BON APPETIT!!! :)