

Mama's Meatballs

Ingredients:

2 slices plain bread soak in ½ cup milk

2 tablespoons Frantoio Leccino olive oil

1 onion (diced)

2 pounds ground beef

2 eggs slightly beaten

Heaping handful of fresh parsley (chopped) or 2-3 tablespoons dried parsley

3 cloves garlic (crushed)

2 teaspoons salt

1 teaspoon black pepper (ground)

¼ cup Parmesan cheese (grated)

Instructions:

1. Add olive oil to a large pan and place over medium-high heat. Add the onions, season them with about a half teaspoon of salt, and cook for 5 minutes, or until translucent. Add the minced garlic and saute for about 30 seconds, or until browned.
2. In a large bowl, add the beef, eggs, cheese and parsley. Using your hands, squeeze excess milk from the bread and combine all the ingredients. Add the onion and garlic and season with another teaspoon of salt. Mix again, using your hands.
3. Shape the meatballs to whatever size you'd like.
4. Oil a large pan and place over medium-high heat. Give the pan a few minutes to heat up. Add the meatballs, turning them occasionally to ensure that all sides of the meatball are browned.
5. Add to marinara sauce and simmer for at least 1 hour.

You can also bake meatballs in the oven for 25-30 minutes at 350