

Chef Carmella's Famous MeatBall Recipe

Ingredients

- 2 LBS GROUND BEEF
- 2 CUPS OF FINE ITALIAN BREAD CRUMBS
- 1 CUP OF GRATED PARMESAN CHEESE
- ½ CUP OF CHOPPED PARSLEY FRESH
- 2 TEASPOON MINCED GARLIC FRESH
- 3 LARGE EGGS
- 1 TEASPOON OF SALT
- ½ TEASPOON PEPPER
- ¼ CUP OLIVE OIL



Directions

1. Combine all the ingredients in a large mixing bowl (the mixture should be solid, not mushy if too mushy, add some bread crumbs).
2. Shape the meat mixture into balls... set aside
3. The old country way was to fry the meatballs...to cut down on the calories and cholesterol...bake at 350 degrees F, and bake for approximately 20 minutes, depending on the size of the meatballs.
4. Carmella's way is to add the uncooked meatballs to the red sauce...simmer for 3 hours (red sauce recipe or a separate sheet)

Makes 12-20 meatballs, depending on size

Serve with pasta

