

# Homemade Italian Meatballs

## Ingredients

1/3 cup plain bread crumbs  
1/2 cup milk  
2 tablespoons olive oil  
1 onion, diced  
1 pound ground beef  
1 pound ground pork  
2 eggs  
1/4 bunch fresh parsley, chopped  
3 cloves garlic, crushed  
2 teaspoons salt  
1 teaspoon ground black pepper  
1/2 teaspoon red pepper flakes  
1 teaspoon dried Italian herb seasoning  
2 tablespoons grated Parmesan cheese



## Directions

Cover a baking sheet with foil and spray lightly with cooking spray.

Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about one hour.

Preheat an oven to 425 degrees (Or heat grill to medium-high 400 degrees and spray grate with oil)

Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet.

Bake in the preheated oven until browned and cooked through, 15 to 20 minutes. (place meatballs directly on grill grate and rotate every 5mins, cooking for 15mins or until done)

recipe adapted from: <https://www.allrecipes.com/recipe/220854/chef-johns-italian-meatballs/print/?recipeType=Recipe&servings=30&isMetric=false>