

Italian-Style Beef & Pork Meatballs

This foolproof meatball recipe makes enough to stash away for another day. They're great to have on hand for easy dinners (see 3 ways to use them, below), but also make good impromptu appetizers.

Active Time: 20 mins

Total Time: 35 mins

Nutrition Profile:

High-Protein Low Carbohydrate Low-Calorie Nut-Free Soy-Free

Ingredients

- 3 large eggs, lightly beaten
- 1 cup finely chopped onion
- $\frac{3}{4}$ cup panko breadcrumbs, preferably whole-wheat
- $\frac{3}{4}$ cup chopped fresh parsley
- $\frac{1}{2}$ cup grated Parmesan cheese
- 3 large cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 $\frac{1}{2}$ teaspoons salt
- 1 teaspoon ground pepper
- 1 $\frac{1}{2}$ pounds lean ground beef
- 1 $\frac{1}{2}$ pounds ground pork



Directions

Step 1

Position racks in upper and lower thirds of oven; preheat to 450°F. Line 2 large rimmed baking sheets with foil and coat with cooking spray.

Step 2

Combine eggs, onion, panko, parsley, Parmesan, garlic, Italian seasoning, salt and pepper in a large bowl. Add beef and pork. Mix gently with your hands until just combined (do not overmix). Using a generous 2 tablespoons each, shape into 48 meatballs. Place 1 inch apart on the prepared baking sheets.

Step 3

Bake the meatballs until an instant-read thermometer inserted in the center registers 165°F, about 15 minutes.

Tip

Try these meatballs in one of these easy dinner recipes.

Meatball Pesto & Gnocchi Bake:

Cook 1 lb. gnocchi in 1 Tbsp. olive oil in a large broiler-safe skillet over medium heat until starting to brown, about 5 minutes. Add 18 meatballs and 1/3 cup each pesto, ricotta and water; stir until well-coated. Spread the mixture into an even layer and top with 1/4 cup grated Parmesan cheese and 3 Tbsp. breadcrumbs. Broil on high until golden brown, 1 to 2 minutes. (Serves 6)

Meatball Stuffed Shells:

Cook 18 jumbo pasta shells in boiling water. Whisk 1 cup ricotta, 1/4 cup grated Parmesan cheese, 1 large egg and a pinch each of salt and pepper in a bowl. Spread 1 cup marinara sauce in a 9-by-13-inch baking dish. Stuff 1 of 18 meatballs and 1 Tbsp. of the ricotta mixture into each shell; arrange in the baking dish, open-side up. Top with 1 cup sauce and 1/4 cup Parmesan. Cover with foil. Bake at 375°F until the sauce is bubbly, about 30 minutes. Uncover; bake for 10 minutes more. (Serves 6)

Meatballs over Cheesy Polenta:

Bring 4 cups water to a boil in a medium saucepan over high heat. Slowly whisk in 1 cup cornmeal and reduce heat to maintain a simmer. Cook, stirring occasionally, until the polenta is thickened and tender, about 20 minutes. Remove from heat. Stir in 1 1/4 cups shredded sharp Cheddar cheese, 4 sliced scallions, 1 Tbsp. butter and 1/4 tsp. each salt and pepper. Serve 16 hot meatballs over the polenta. (Serves 4)

Nutrition Facts

Per serving: **Serving Size about 4 meatballs** 216 calories; total carbohydrate 6g; dietary fiber 1g; total sugars 1g; protein 26g; total fat 10g; saturated fat 4g; cholesterol 118mg; sodium 450mg