



ITALIAN MEATBALLS

8+ servings | 30 minutes prep | 3 hours cooking | 3 hours 30 minutes total time

INGREDIENTS

1 ½ pounds ground beef or ground turkey
1/2 pound Italian sausage
¼ cup bread crumbs or almond flour
2 eggs, lightly beaten
¾ cup parmesan cheese, grated
¼ cup whole milk (optional)
2 tablespoons SoLA momma mia Italian Seasoning
salt and pepper to taste
2 tablespoons olive oil
6 cups marinara sauce (store bought or homemade, recipe here)

DIRECTIONS

- 1) Mix all ingredients, except oil and marinara, together in a large bowl until well combined.
- 2) Roll mixture into golf ball sized portions.
- 3) In a non-stick skillet, warm oil over medium-high heat. Working in batches, sear each meatball lightly on all sides until slightly browned.
- 4) Over high heat, bring marinara sauce to a boil in a large stock pot. Turn heat to low and add all seared meatballs, slowly stirring to cover all with the sauce.
- 5) Simmer for 3 hours, stirring gently occasionally.
- 6) Prior to removing meatballs, skim any fat that has risen to the surface from top of sauce.
- 7) Serve with sauce over pasta, on po-boys bread, or alone as an appetizer.