Heather's Meatballs

Makes about 50 large meatballs
Preheat oven to 400F convection fan

Ingredients:

3 slices bread, food processed into crumbs with the parsley
½ cup chopped Italian parsley
1 cup whole milk
2 eggs
1 ½ cups shredded parmesan or gruyere
2 T sea salt
1 T black pepper
2 tsp mustard powder
1 tsp onion powder
1 tsp garlic powder
2 onions
1 carrot
1 celery rib
6 cloves garlic
1 T avocado oil
4 lbs ground meat - beef, pork, chicken, turkey or a combination

Method:

Combine the processed bread crumbs, parsley and milk in a very large bowl to soak. Add eggs, cheese and seasonings. Mix thoroughly and let soak while you prepare the veggies.

Chop onions, carrot, celery and garlic in the food processor to a very fine dice. Saute in avocado oil until softened and the water evaporation slows down.

Add cooked veggies to ground pork and beef to the bowl. Use hands to mash together until combined in a folding motion, careful not to over work. Use a large cookie scoop to portion onto half sheet pans lined with parchment paper. Roll portions briefly in hands to create a circular shape and more room on your pans - these will shrink as they cook so it's o.k. if they're quite close together. Cook 20-22 minutes until they are browned on the surface. Without a convection fan this will take a few minutes longer.