



DINNER FOR ONE

# MEATBALLS & GRAVY

# HOMEMADE GRAVY & MEATBALLS

## MEATBALLS

- ADD YOUR MEAT (TO MAKE LESS, ONLY ADD 1 LB OF YOUR ONE MEAT OF CHOICE). THERE IS 1 LB OF ITALIAN SAUSAGE + 1 LB GROUND BEEF HERE - PREFER THE TASTE OF BOTH MIXED, AND THIS IS ONE OF MY FAVORITE MEALS TO MAKE IF COOKING FOR MORE THAN MYSELF, SO I'LL TYPICALLY DO 2 LBS OF MIXED MEAT WHEN THAT'S THE CASE, JUST 1 LB IF NOT
  - THEN ADD IN: MINCED GARLIC, MINCED ONION, MINCED PARSLEY - ABOUT 2 TBSP EACH
  - THEN YOUR SEASONINGS: PAPRIKA, SALT, PEPPER, GARLIC POWDER, ITALIAN SEASONING BLEND
  - 2 EGGS (ONLY ADD 1 EGG IF YOU ONLY USED 1 LB OF MEAT TOTAL)
  - ABOUT 1/3 OR 1/2 CUP OF BREAD CRUMBS - I USED RITZ CRACKERS AND PANKO SINCE THAT'S WHAT I HAD ON HAND
  - AND A SPLASH OF MILK (ABOUT 1 TBSP OF MILK OF CHOICE)
- THEN, MIX TOGETHER AND ROLL INTO BALLS TO COOK  
COOKED ON MEDIUM HEAT AND FLIPPED UNTIL COOKED THROUGH (ABOUT 15-20 MINS FOR ALL TO COOK)

## GRAVY

- ABOUT 1 TBSP OF BUTTER
  - I USED A HANDFUL OF SLICED WHITE MUSHROOMS (BECAUSE I LOVE MUSHROOMS, BUT LEAVE OUT IF YOU DON'T) AND SAUTÉ IN THE BUTTER UNTIL COOKED THROUGH
  - LOWER HEAT TO LOW-MEDIUM, AND ADD IN MILK OF CHOICE (I HAD HEAVY CREAM) USED ABOUT 1/3 CUP
  - SLOWLY WISKED AND ADDED IN FLOUR UNTIL THICKENED TO MY FAVORITE CONSISTENCY. YOU JUST NEED TO BE PATIENT HERE AND ADD IN A SPRINKLE AT A TIME, AND WHISK, ALLOW TO THICKEN, AND THEN KEEP SLOWLY ADDING - USED ABOUT 2-3 TBSP TOTAL
  - SLOWLY ADD IN YOUR BEEF BROTH (USED ABOUT 1 CAN OR 1/2 CARTON TOTAL)
  - SEASON TO TASTE - USED THE SAME SEASONINGS THAT I USED ON MY MEAT (PAPRIKA, SALT, PEPPER, GARLIC POWDER, ITALIAN SEASONING BLEND
- THEN, ADDED IN THE COOKED MEATBALLS, AND PUT ON A LID AND SMOTHERED AND ALLOWED TO COOK FOR ANOTHER 5-10 MINUTES OR UNTIL MY SIDES WERE DONE COOKING (LOW HEAT)

## ASPARAGUS

- PLACED ON COOKING SHEET
  - SPRINKLED OLIVE OIL UNTIL COVERED
  - SEASONED: SALT, PEPPER, AND GARLIC POWDER
  - ALSO LIKE TO ADD PARMESAN, BUT DIDN'T HAVE ANY THIS TIME
  - BAKE IN OVEN ON 375 FOR ABOUT 15 MINS OR UNTIL TEXTURE YOU LIKE
- I LIKE TO SERVE ON RICE OR MASHED POTATOES!