

# Italian Meatballs

## Ingredients

---

1 lb Ground Beef  
1 Egg  
2 clv Garlic (minced)  
1/4 c Onion (minced)  
1/2 t Ground Black Pepper  
1 t Salt  
1/4 c Parmesan (grated)  
1/4 c Parsley (chopped)  
1/2 c Breadcrumbs

## Instructions

---

- 1.Line a baking sheet with foil. Set the oven rack to the lower-middle position.
- 2.Combine all ingredients in a large bowl and mix using your hands until well combined.
- 3.Roll meatballs to about 1 1/2" cup or 3 ounces in weight then place evenly spaced on the baking sheet.
- 4.Broil on high and cook the meatballs until browned about 10 minutes. Turn over the meatballs and cook for an additional 2 to 3 minutes.
- 5.Use meatballs in your favorite tomato sauce in other dishes.