

Authentic Italian Meatballs

<https://moneysmartfamily.com/money-saving-tips/ground-beef-main-dish-recipes-super-page/#meatballs>



Authentic Italian Meatballs is another one of our great ground beef main dish recipes. This family recipe has been handed down for at least 3 generations. These authentic Italian meatballs are delicious and easy to make. As a favorite ground beef main dish recipe, this can easily be doubled or tripled. Yields approximately 8 to 12, two-inch meatballs.

Ingredients:

- 1 lb Ground Beef or Turkey
- 1 egg
- ¼ Cup Ground Flax Seed or oats (optional)
- 1 ½ Cup Italian Seasoned Bread Crumbs
- ½ Tsp granulated or powdered Garlic
- 1 Tbs grated Parmesan
- 1 Tsp Parsley Flakes
- ¼ to ½ Onion chopped fine

Directions:

Roll into 2-inch balls and fry in a frying pan, browning on two opposite sides. After browning, drop into a pot of simmering spaghetti sauce, for a minimum of 1 hour. This time will finish cooking the meatballs and add flavor to the sauce and the meatballs.