Italian Meatball

Ingredients

- ½ cup fine, dry breadcrumbs
- ½ cup milk
- 1 large egg
- ½ cup grated Parmesan cheese
- ¼ cup finely chopped fresh parsley
- 2 tsp kosher salt
- Black pepper, to taste
- 1 lb ground meat (beef, pork, turkey, chicken, veal, or a mix)
- ½ cup finely chopped or grated onion
- 1 clove garlic, minced

Instructions

1. **Soak the Breadcrumbs:**
   Combine breadcrumbs and milk in a small bowl. Let sit to absorb.
2. **Mix Base Ingredients:**
   In a large bowl, whisk egg. Stir in Parmesan, parsley, salt, and black pepper.
3. **Add Ground Meat:**
   Mix meat into the egg mixture using your hands until just combined.
4. **Add Aromatics & Breadcrumbs:**
   Gently mix in onion, garlic, and the soaked breadcrumbs. Avoid over-mixing.
5. **Shape Meatballs:**
   Roll mixture into 1½-inch balls (about 2 tablespoons each) and place on a rimmed baking sheet.
6. **Cook Your Way:**
   - Option 1 – Oven: Broil for 20–25 minutes or roast at 400°F for 25–30 minutes until browned and cooked through (165°F inside).
   - Option 2 – Sauce: Simmer meatballs in marinara sauce for 30–35 minutes until fully cooked.