

# Italian Meatballs

By Diana Rattray, About.com Guide



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## Meatballs With Pasta

*Diana Rattray*

These meatballs are delicious simmered in purchased spaghetti sauce. Double the recipe and freeze some for another day. Serve meatballs with pasta and a tossed salad, and pass the Parmesan cheese.

### **Ingredients:**

- 1 pound lean or extra-lean ground beef
- 1/2 pound bulk Italian sausage (or remove from casings)
- 1/3 cup fine dry bread crumbs
- 3 medium cloves garlic
- 1 scant teaspoon salt
- 1 teaspoon dried leaf basil
- 1 medium onion, finely chopped
- 1 large egg
- 1/3 cup grated Parmesan cheese
- 2 tablespoons water, or as needed
- 1/8 teaspoon ground black pepper

### **Preparation:**

Line a large shallow baking pan with foil; oil lightly. Combine all ingredients, using just enough water to moisten. Shape into meatballs, about 1 1/2 to 2 inches in diameter.

Broil the meatballs about 8 inches from the heat source for about 10 minutes. Turn and broil for 10 minutes longer.

Put the meatballs in a large saucepan and cover with your favorite pasta sauce. Cover and simmer for 20 to 30 minutes.

Serves 6 (about 18 to 24 large meatballs).

**Wine Pairings:**