



### Ingredients:

- 1/3 cup minced onion
- 1/3 cup Italian bread crumbs
- 1/3 cup half-and-half
- 1/4 cup grated Parmesan cheese
- 2 large eggs
- 1 large egg yolk
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil
- 1 table spoon chopped fresh parsley
- 1/4 teaspoon dried oregano
- 1 1/4 pounds ground round beef
- 1/2 pound ground Italian sausage
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 (24-ounce) jars marinara sauce (optional)

### Method:

1. Preheat the oven to 375 degrees F. Line a rimmed baking sheet with foil. Spray foil lightly with cooking spray.
2. Combine onion, breadcrumbs, half-and-half, Parmesan cheese, eggs, egg yolk, garlic, basil, parsley, and oregano in a large bowl; stir until well combined. Add ground round and sausage and sprinkle evenly with salt and pepper. Mix well until just combined.
3. Dampen hands with water and form mixture into 18 golf ball-sized meatballs. Arrange meatballs on the prepared baking sheet.
4. Bake in the preheated oven until browned, 12 to 15 minutes.
5. Transfer meatballs to a large pot and add marinara sauce. Simmer over low heat for at least 2 hours before serving.

**Note:** The meatballs are best when simmered in marinara sauce, but you can cook them in the oven for a full 17 minutes, and then cool completely and freeze for a later use.

**Small pieces.** Make sure to mince or grate the onion and garlic so the pieces are very small and uniform. You do not want big chunks in your meatball.

**Mix in two steps.** Mix all of the ingredients together except for the meats — they will go in after everything else is mixed together. This prevents overworking the meatball mixture, which makes for tough instead of tender meatballs.



**Water works.** Keep your hands dampened when you are mixing and forming the meatballs to prevent the mixture from sticking to your hands.

**Mix lightly.** Remember — you want to mix in the meat just until it is combined without overworking it.

**Taste test.** If this is your first time making meatballs, you can test the mixture by frying up a small patty to see how it tastes to you.

**Easy bake.** Baking the meatballs in the oven is the easiest way to cook them. If you are going to add them to a sauce, you will want to cook the meatballs only part way through so they will finish cooking in the sauce.

**Easy freeze.** If you wanted to stash away meatballs for a later use, partially bake the meatballs, then freeze them on a tray and store them in freezer safe bags or containers so they will be ready when you are.

