

# Reckless In The Kitchen

## **Baked Italian Meatballs**

Ingredients:

- 2 lb ground beef
- 1 lb ground turkey
- 3 eggs
- 3 cups bread crumbs
- 3 cups Romano cheese, grated
- 3 cloves of garlic, minced
- 1 bunch of parsley, chopped
- salt, a generous pinch
- pepper, a pinch

Directions:

Combine all ingredients one large mixing bowl. Mix with hands until all ingredients are evenly distributed.

Once the mixture is evenly mixed roll the mixture into 1 1/2 inch balls and place on lightly greased baking pans.

Preheat oven to 375 degrees and bake the meatballs for 10 minutes. Remove the meatballs from the oven and flip the meatballs over so that all sides brown evenly. Bake for an additional 8-10 minutes, the meatballs should be lightly browned on the outside.

If freezing the meatballs, first freeze them on the baking pan, then after 12-24 hours transfer them to a large freezer bag. This way they will not stick together and you can easily remove as many as you need for meals.

If cooking let the meatballs cook with sauce for a few minutes to ensure they are cooked all the way through.