

## **Catelli's Mini Summer Meatballs**

Domenica Catelli - "Be Mom-A-Licious" blog  
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**Servings: 20**

**Preparation Time: 25 minutes**

**Start to Finish Time: 55 minutes**

**Cook time: 20 minutes**

**1 egg, slightly beaten**

**1 pound ground beef**

**1 pound bulk Italian sausage**

**1 1/2 cups (12 ounces) ricotta cheese**

**1 cup panko (Japanese-style bread crumbs)**

**1/2 cup onion, finely chopped**

**1/2 cup Parmesan cheese, grated**

**1/4 cup fresh garlic, minced**

**2 tablespoons fresh thyme, chopped**

**1 tablespoon fresh parsley, chopped**

**1 1/2 teaspoons Kosher salt**

**olive oil**

**2 to 4 cups "Domenica's Simple Tomato-Garlic Sauce" (see recipe) or a jarred sauce, heated**

**1/4 cup chopped parsley**

**2 tablespoons Parmesan cheese, grated**

Preheat the oven to 450 degrees.

In a large bowl, using your hands combine the egg, beef, sausage, ricotta cheese, panko, onion, 1/2 cup of Parmesan cheese, garlic, thyme, one tablespoon of parsley and salt. Form into forty 1 1/2-inch meatballs.

Heat a very large cast-iron skillet with olive oil. Half at a time, brown the meatballs in the hot skillet about 10 minutes per batch. Return all of the meatballs to the skillet. Bake for 10 minutes until done (160 degrees).

Spoon the sauce into two small cast-iron skillets or serving dishes (you can reheat the skillets on a grill set to medium heat). Place the baked meatballs in the sauce, turning to coat.

Sprinkle with chopped parsley and Parmesan.

Serve the meatballs with bamboo skewers.

Yield: 40 meatballs + 10 tbsp sauce

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Per Serving (excluding unknown items): 122 Calories; 9g Fat (70.2% calories from fat); 7g Protein; 2g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 223mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 1/2 Fat.