

# Cheesy Mozzarella Stuffed Meatballs

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## Yield: 32 meatballs

2 pounds (93%) lean ground beef  
1 cup Italian seasoned breadcrumbs  
1/2 cup Parmesan cheese, fresh  
grated  
1/2 cup Pecorino-Romano cheese,  
fresh grated  
1/2 tablespoon garlic powder  
1 teaspoon onion powder  
1 teaspoon Kosher salt  
1 tablespoon Italian seasoning  
1 tablespoon fresh rosemary, finely  
chopped  
1/2 cup 2% milk  
1/4 cup oven roasted tomato sauce  
2 large eggs, lightly beaten  
8 ounce block mozzarella cheese, cut  
into 32 1/2-inch squares

Preheat the oven to 400 degrees.

Line two baking sheets with parchment paper  
and set aside.

In a large bowl, place the beef, breadcrumbs,  
Parmesan, Pecorino-Romano, garlic powder,  
onion powder, salt, Italian seasoning, rosemary,  
milk, tomato sauce and eggs. With clean hands,  
mix the ingredients without overworking your  
meatballs (working them too much can cause  
tough meatballs).

Using a four-tablespoon scoop, scoop out the  
meat and place on a baking sheet or plate. After  
all of the meatballs have been scooped onto the  
tray, with damp hands roll them into balls. Place  
back on the tray or plate. One at a time, place a  
meatball in the palm of your cupped hand.  
Press a mozzarella cube into the meatball and  
roll back into a ball.

Place the meatballs on the baking sheets, not  
touching each other.

Bake for 35 minutes, rotating the sheets half-way  
through the cook time.

Place the tomato sauce into a large pot. Heat  
over medium heat. Do not boil.

Remove from the oven. Place the meatballs  
into the tomato sauce. Allow to simmer for 30  
minutes. Some of the mozzarella cheese may  
have leaked. Just scoop up the meatballs and  
cook them in the sauce. Serve.

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Per Serving (excluding unknown  
items): 3312 Calories; 248g Fat  
(67.6% calories from fat); 230g  
Protein; 38g Carbohydrate; 1g  
Dietary Fiber; 1276mg Cholesterol;  
6594mg Sodium. Exchanges: 1/2  
Grain(Starch); 32 Lean Meat; 1/2  
Non-Fat Milk; 31 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	3312	<b>Vitamin B6 (mg):</b>	.9mg
<b>% Calories from Fat:</b>	67.6%	<b>Vitamin B12 (mcg):</b>	8.9mcg
<b>% Calories from Carbohydrates:</b>	4.6%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	27.9%	<b>Riboflavin B2 (mg):</b>	3.2mg
<b>Total Fat (g):</b>	248g	<b>Folacin (mcg):</b>	134mcg
<b>Saturated Fat (g):</b>	153g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	72g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	9g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1276mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	38g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	230g	<b>Lean Meat:</b>	32
<b>Sodium (mg):</b>	6594mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	1120mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	5983mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	31
<b>Zinc (mg):</b>	25mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	9269IU		
<b>Vitamin A (r.e.):</b>	2757 1/2RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 3312 **Calories from Fat:** 2238

**% Daily Values\***

<b>Total Fat</b> 248g	382%
Saturated Fat 153g	767%
<b>Cholesterol</b> 1276mg	425%
<b>Sodium</b> 6594mg	275%
<b>Total Carbohydrates</b> 38g	13%
Dietary Fiber 1g	4%
<b>Protein</b> 230g	
<b>Vitamin A</b>	185%
<b>Vitamin C</b>	4%
<b>Calcium</b>	598%
<b>Iron</b>	24%

\* Percent Daily Values are based on a 2000 calorie diet.