

Harry Caray's Meatballs

Harry Caray's Italian Steakhouse, Chicago IL
www.dashrecipes.com

Servings: 10

Preparation Time: 10 minutes

Start to Finish Time: 25 minutes

These hefty meatballs are great on a plate with terriyaki or barbecue sauce; loaded into long, garlic-buttered Italian hero loaves with mozzarella cheese and marinara sauce, or served on rolls with marinara sauce as sliders.

2 pounds ground beef

2 pounds ground pork

1/3 cup yellow onion, finely diced

1/3 cup green bell pepper, finely diced

1/4 cup ketchup

1/3 cup tomato juice

1 tablespoon Worcestershire sauce

dash Tabasco sauce

2 tablespoons Parmesan cheese, grated

2 tablespoons Romano cheese, grated

4 tablespoons bread crumbs

1 tablespoon fresh parsley, chopped

3 eggs

1 teaspoon salt

1/2 teaspoon black pepper

Preheat the oven to 350 degrees.

In a large mixing bowl, combine the beef, pork, onion and green pepper. Mix well.

Add the remaining ingredients and mix until well combined.

Form the mixture into 3-inch balls, each slightly larger than a golf ball. Place the meatballs on a baking sheet.

Bake for 35 minutes or until the meatballs reach an internal temperature of 140 degrees. Rotate the baking sheet after the first ten or twelve minutes of cooking.

Per Serving (excluding unknown items): 576 Calories; 46g Fat (72.5% calories from fat); 34g Protein; 5g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 521mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 6 1/2 Fat; 0 Other Carbohydrates.