

Beef

Italian Meatballs

Servings: 6

Don't rush when frying the meatballs in oil. Turning up the heat too high can result in burning.

The recipe calls for bread crumbs and dried parsley, but you can make the dish with four slices of fresh bread dipped in water and two tablespoons of fresh parsley.

1 cup bread crumbs
1/2 cup water
2 eggs
1/4 cup grated Parmesan cheese
1 teaspoon dried parsley
1/4 teaspoon dried oregano, crushed
1 teaspoon salt
dash pepper
1 pound ground beef
2 tablespoons olive oil
Marinara sauce

Combine bread crumbs and water.

Stir in eggs, Parmesan, herbs, salt and pepper.

Add met; mix well.

With wet hands, form 20 to 24 small balls.

Heat oil and cook meatballs until brown, turning regularly, over low to medium heat,

Place meatballs on paper towels to absorb any oil.

Heat sauce to a boil. Lower to a simmer, add meatballs and cook, loosely covered, for 30 to 40 minutes.

Serve with spaghetti.

Per Serving (excluding unknown items): 386 Calories; 28g Fat (66.7% calories from fat); 18g Protein; 13g Carbohydrate; trace Dietary Fiber; 138mg Cholesterol; 648mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Fat.