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 Peccorino-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, Peccorino-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.

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

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Calories (kcal): 3312 Vitamin B6 (mg): .9mg % Calories from Fat: 67.6% Vitamin B12 (mcg): 8.9mcg % Calories from Carbohydrates: 4.6% Thiamin B1 (mg): .2mg % Calories from Protein: 27.9% Riboflavin B2 (mg): 3.2mg Total Fat (g): 248g Folacin (mcg): 134mcg Saturated Fat (g): 72g Niacin (mg): 1mg Monounsaturated Fat (g): 9g Alcohol (kcal): 0 Polyunsaturated Fat (g): 9g Alcohol (kcal): 0 Carbohydrate (g): 38g Food Exchanges Carbohydrate (g): 38g Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 230g Lean Meat: 32 Sodium (mg): 6594mg Vegetable: 0 Potassium (mg): 1120mg Fruit: 0 Calcium (mg): 4mg Fat: 31 Zinc (mg): 25mg Other Carbohydrates: 0 V				
% Calories from Carbohydrates: 4.6% Thiamin B1 (mg): .2mg % Calories from Protein: 27.9% Riboflavin B2 (mg): 3.2mg Total Fat (g): 248g Folacin (mcg): 134mcg Saturated Fat (g): 153g Niacin (mg): 1mg Monounsaturated Fat (g): 9g Caffeine (mg): 0mg Molool (kcal): 0 0 Polyunsaturated Fat (g): 9g % Defues: 0 no% Cholesterol (mg): 1276mg Food Exchanges Carbohydrate (g): 38g Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 230g Lean Meat: 32 Sodium (mg): 6594mg Vegetable: 0 Potassium (mg): 1120mg Fruit: 0 Calcium (mg): 5983mg Non-Fat Milk: 1/2 Iron (mg): 25mg Other Carbohydrates: 0 Vitamin C (mg): 3mg Vitamin C (mg): 0 Vitamin A (i.u.): 9269IU Other Carbohydrates: 0	Calories (kcal):	3312	Vitamin B6 (mg):	.9mg
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Vitamin A (i.u.): 9269IU	Zinc (mg):	25mg	Other Carbohydrates:	0
	Vitamin C (mg):	3mg		
Vitamin A (r.e.): 2757 1/2RE	Vitamin A (i.u.):	9269IU		
	Vitamin A (r.e.):	2757 1/2RE		

Nutrition Facts

Amount Per Serving				
Calories 3312	Calories from Fat: 2238			
	% Daily Values*			
Total Fat 248g	382%			
Saturated Fat 153g	767%			
Cholesterol 1276mg	425%			
Sodium 6594mg	275%			
Total Carbohydrates 38g	13%			
Dietary Fiber 1g	4%			
Protein 230g				
Vitamin A	185%			
Vitamin C	4%			
Calcium	598%			
Iron	24%_			

^{*} Percent Daily Values are based on a 2000 calorie diet.