

Italian Meatballs

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

3 pounds ground beef
4 slices soft bread, cut in
little cubes
2 eggs
1 cup milk
1 teaspoon salt
1 teaspoon pepper
2 tablespoons onion,
chopped fine
2 tablespoons granulated
garlic
1 tablespoon oregano
1 teaspoon sweet basil
1 cup Parmesan cheese
1 tablespoon fennel seeds

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients. Roll the meat into two-inch balls. (They may be pan fried or baked in the oven.)

Bake for about 45 minutes until a thermometer reads 155 degrees. (They may be pan fried or baked in the oven.)

Add them to your favorite meat sauce.

Per Serving (excluding unknown items): 4987 Calories; 405g Fat (74.0% calories from fat); 285g Protein; 36g Carbohydrate; 5g Dietary Fiber; 1678mg Cholesterol; 4818mg Sodium. Exchanges: 1 1/2 Grain(Starch); 39 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 58 1/2 Fat.