

# Italian Meatballs

## SERVES

4

## PREP TIME:

20 minutes to 25 minutes

## COOKING TIME:

15 minutes to 20 minutes

## INGREDIENTS

1/4 cup finely grated Parmesan cheese

1/2 small yellow onion

2 cloves garlic

1/4 cup fresh parsley leaves

8 ounces ground beef

8 ounces ground pork

1/2 cup panko breadcrumbs

1/3 cup milk

1 large egg

1 teaspoon kosher salt

1/2 teaspoon dried oregano

1/4 teaspoon freshly ground black pepper

2 tablespoons olive oil

1/4 cup water

1 (24 to 25-ounce) jar marinara sauce, or 3 cups homemade

## GET INGREDIENTS

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### INSTRUCTIONS

Finely grate 1/4 cup Parmesan cheese and place in a large bowl. Finely chop 1/2 small yellow onion and 2 cloves garlic, then coarsely chop 1/4 cup fresh parsley leaves; add everything to the bowl. Add 8 ounces ground beef, 8 ounces ground pork, 1/2 cup panko, 1/3 cup milk, 1 egg, 1 teaspoon kosher salt, 1/2 teaspoon ground oregano, and 1/4 teaspoon ground black pepper. Mix lightly with a fork until just combined.

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Form the mixture into 1 1/2-inch meatballs (about 2 tablespoons each), wetting your hands with water as needed to keep the mixture from sticking, and place on a baking sheet so that they are not touching. You should have 16 to 18 meatballs.

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Heat 2 tablespoons olive oil in a 12-inch high-sided sauté pan over medium-high heat until shimmering. Add the meatballs in a single layer and cook until browned on the bottom, about 3 minutes. Flip the meatballs and brown the other side, about 3 minutes more. Transfer to large plate (the meatballs will not be fully cooked).

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Pour 1/4 cup water into the pan and use a wooden spoon to scrape up any browned bits on the bottom of the pan. Add 1 jar or 3 cups marinara sauce and bring to a simmer. Gently add the meatballs into the sauce, and reduce the heat to simmer gently until the meatballs are cooked through, 5 to 10 minutes.

### RECIPE NOTES

**Make ahead:** The meatballs can be shaped and refrigerated for up to 1 day before cooking. The meatballs can also be frozen uncooked or cooked. Arrange in a single layer on a baking sheet and freeze until solid. Transfer the meatballs to a freezer container or freezer bag, and freeze for up to 1 month. If uncooked, thaw in a single layer in the refrigerator overnight before cooking. If cooked, either thaw in the refrigerator overnight or thaw directly in simmering sauce for 15 minutes.

**Storage:** Leftovers can be stored on their own or in sauce an airtight container in the refrigerator for up to 3 days or frozen for up to 1 month.