


**Two Bite Meatballs**

**Directions** (main ingredients)

1. In a microwave safe bowl add milk, heat for 30 second intervals stirring each time for 1:30 minutes. Gradually add bread crumbs stirring at the same time until completely mixed. Set aside.
2. In a small prep bowl combine dry spices/herbs mix well. Set aside.
3. In a large bowl combine meat, eggs and cheese mix thoroughly. Gradually add spice/herb mixture making sure to mix the meat mixture each time. Cover bowl and refrigerate for at least 2 hours (this step is not necessary but makes it easier to roll, and helps flavor the meat).
4. Lay out one sheet of wax paper about 3 to 4 feet long. Begin scooping out a little less than a golf ball size amount of meatball mixture and roll between hands. For a more traditional sized meatball make each ball closer to the size of a racket ball approximately 2 1/2 inches. Continue forming meatballs and arranging on

**Ingredients**

- 2/3 Cup Milk
- 2/3 Cup Seasoned Bread Crumbs
- 1 lb 93% Lean Ground Beef
- 1 lb 81% Lean Ground Beef
- 1 lb Ground Pork
- 1/3 Cup Ricotta Cheese
- 1/3 Cup Parmesan Cheese, grated
- 2 Large Eggs



**Prep Time** 50 mins

**Yield:** 80 count

**Cook Time:** 40 mins

**Cook Temp:** 350°F

**Two Bite Meatballs...continued**

**Ingredients**

- 2 Tsp Salt (1 1/2 Tsp Sea Salt)
- 2 1/2 Tsp Ground Black Pepper
- 2 Tsp Garlic Powder
- 1 Tbsp Parsley Flakes
- 1 1/2 Tsp Oregano Flakes
- 1/3 Cup Olive Oil, for frying
- 24 oz Tomato Sauce, for baking

wax paper until all meatball mix is used up.

**Directions** (main ingredients)

5. Preheat oven to 350°F. In a large medium skillet heat to medium and add oil. Fry meatballs cooking each side for about 2 minutes (do not cook longer than 15 minutes, they will finish cooking in the oven). Drain grease from meatballs (blot to help remove excess oil).
6. In a rectangle baking dish pour about 1 cup tomato sauce. Place meatballs in dish and cover with remaining sauce. Cover dish with aluminum foil to prevent over cooking/burning.
7. Using quart size freezer bags distribute 20 meatballs per bag (I usually only use three bags and reserve the rest of the meatballs and sauce for spaghetti and meatballs. Freeze for up to 3 months.