Mama’s best Italian meatballs

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Mama’s best Italian meatballs are a delicious blend of rich savory flavors that bring back Italy and childhood memories. Made with a mix of ground beef, veal and pork, these meatballs are seasoned with a blend of garlic, fresh Italian parsley and parmesan cheese. Bread crumbs and eggs add the tender and juicy texture.

Simmered in my easy marinara sauce, Mama’s meatballs are prefect for serving over pasta in a sub or as an appetizer.

Here are some tips for making Mama’s meatballs

1. Choose the right meat: A mix of ground beef, and pork for a good balance of flavor and moisture.
2. Don’t over mix: Mix the ingredients just until combined. Over mixing can make the meatballs dense and tough.
3. Soak the bread: soak the breadcrumbs in milk before adding to the meat mixture. This helps to keep the meatballs soft.
4. Use a light touch: when forming the meatballs , handle them gently and don’t pack them too tightly.
5. When prebaking meatballs, less is more. Bake them just until they **begin to turn golden brown**—this helps them hold their shape while staying tender and juicy once they simmer in sauce. Use a **rimmed cookie sheet lined with parchment paper** for even browning and easy cleanup.

Storage Options

- **Refrigerator:** Store cooled meatballs in an

airtight container for up to 4 days. Reheat gently in marinara sauce on the stovetop.

- **Freezer:** Place cooked or parbaked meatballs on a baking sheet to freeze individually, then transfer to a freezer-safe bag or container. They'll last up to 3 months. Reheat straight from frozen in sauce until warmed through.
- □ Love a hearty pasta night? Try my Meatball Sunday Sauce or pair these with Classic Italian Wedding Soup.

Ingredients

- 1 lb. lean ground beef (85-15)
- 1/2 lb. ground pork
- 2 large eggs slightly beaten
- 3/4 cup milk
- 1 cup day-old bread, crust removed (or 1 cup plain breadcrumbs)
- 1/2 cup grated parmesan cheese
- 2 Tbsp. minced garlic
- 1 Tbsp. onion powder
- 1/2 cup Italian parsley
- salt and pepper to taste

Instructions

1. In a bowl add the milk and bread let it sit for 10 minutes or until the milk is fully absorbed. Then add the rest of the ingredients up to the meat. Mix until well combined. Then add the meats and mix just until combined.
2. With wet hands roll the meatball mixture into golf size balls.

3. Place the meatballs on a lightly greased cookie sheet and bake in a preheated 375-degree oven for 10 minutes.
4. Simmer the meatballs in my easy marinara sauce for 1 hour.