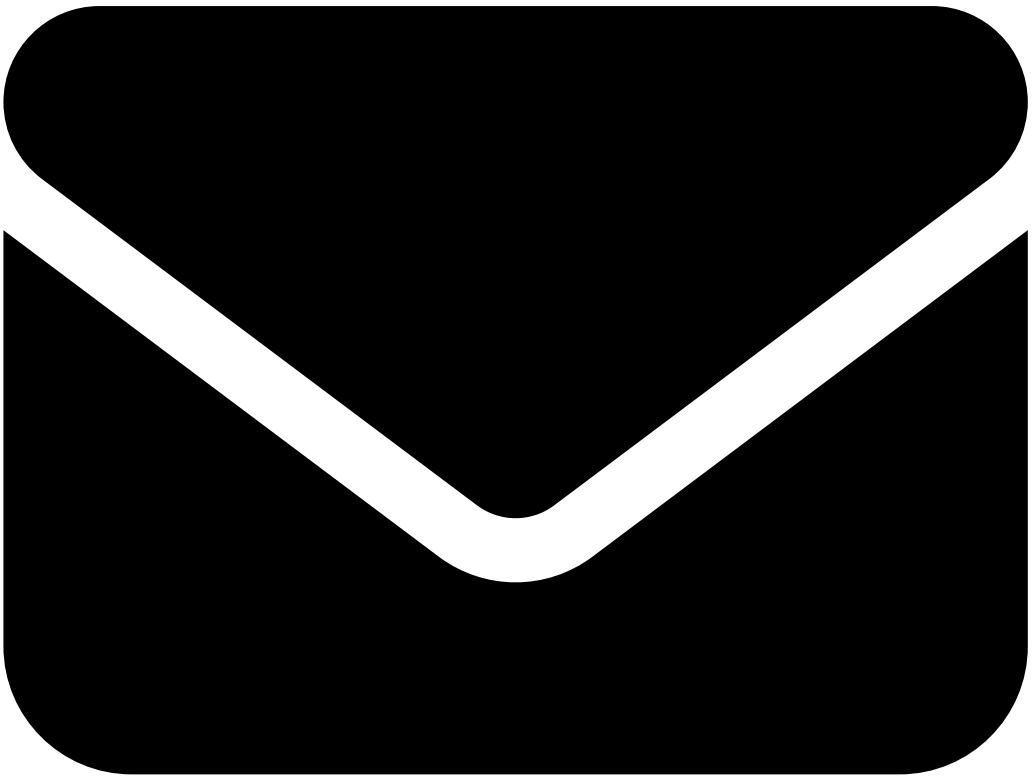
Southern Italian Meatballs with Potatoes and Peas

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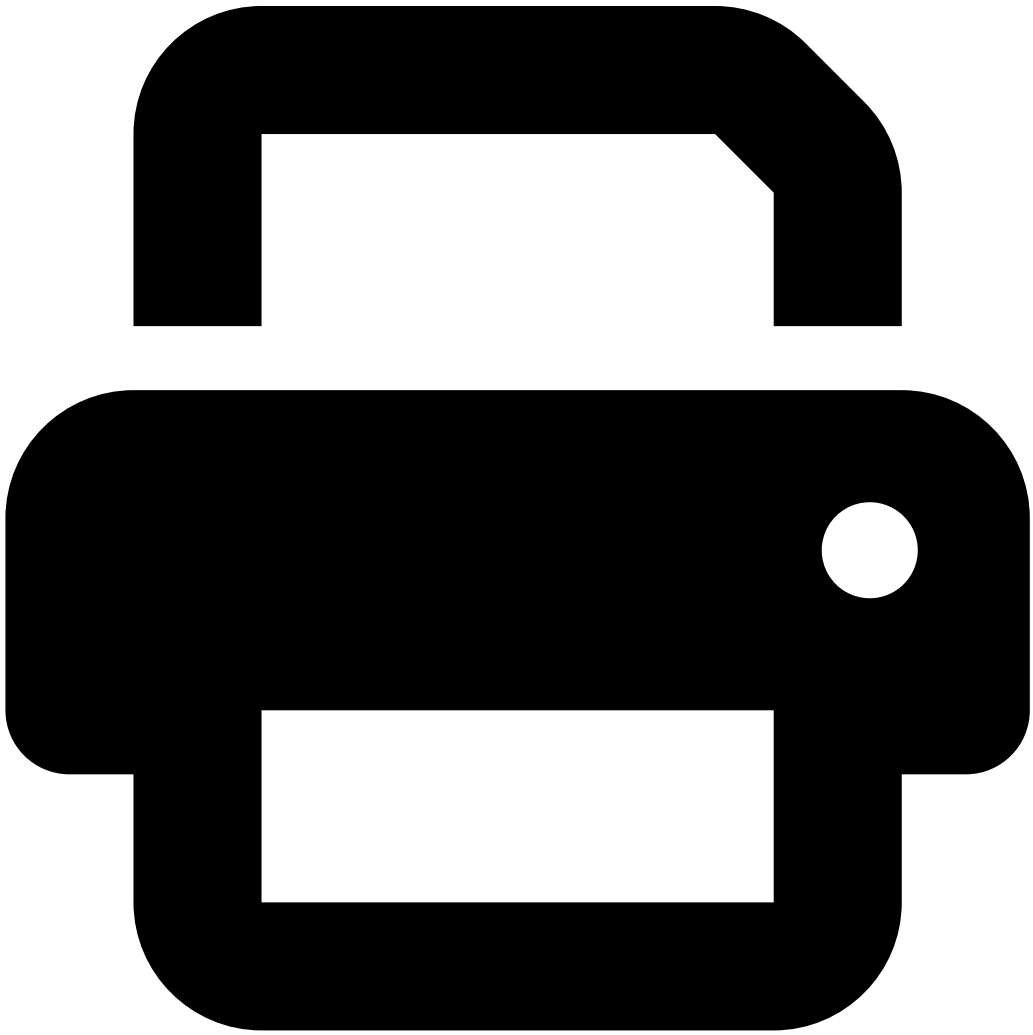
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This Southern Italian meatball dish with potatoes and peas is a rustic one-pot meal simmered in white wine and chicken broth. A cozy, comforting recipe inspired by *cucina povera*.

Although I was born in Tuscany, Northern Italy, some of my fondest food memories come from the Southern side of the country – especially dishes like this comforting plate of *polpette con patate e piselli*, or meatballs with potatoes and peas. My Mama would make this humble one-pot meal often, simmering the tender meatballs in a light broth of white wine and chicken stock until the potatoes were soft and the peas just burst with sweetness. It's a perfect example of *cucina povera* – simple, rustic ingredients brought to life with love.

This dish fed many in our home, and I still make it the same way today. It's comforting, hearty, and perfect with a piece of crusty bread to soak up the flavorful broth.

Things to know about this Southern Italian Meatballs with potatoes and peas

- **Cucina Povera Roots:**
  This dish is a perfect example of *cucina povera*, Italy's tradition of making delicious meals with simple, humble ingredients. No fancy sauces here — just pantry staples transformed into comfort food.

- **No Tomatoes Needed:**
  While many Italian meatball recipes rely on tomato sauce, this one simmers in a light white wine and chicken broth, allowing the flavors of the meat, potatoes, and peas to shine.

- **Great for Meal Prep:**
  This dish reheats beautifully and actually tastes even better the next day, making it ideal for leftovers or meal prepping ahead.

- **Flexible Ingredients:**
  You can use beef, pork, or a mix for the meatballs. Frozen peas work just as well as fresh, and Yukon Gold or red potatoes hold their shape nicely during simmering.

- **Serve it Simply:**
  Traditionally served as a main course, this dish pairs best with crusty bread and a glass of white wine. No pasta needed — the broth is the star.

- **Family Favorite:**
  This meal has been passed down in many Southern Italian homes for generations. It's hearty, budget-friendly, and feeds a crowd with ease.

Looking for more comforting Italian meals?
Try some of my other family favorites:
 Mama’s Sunday Meatball Sauce
 Tuscan Chicken with Potatoes
 Italian Wedding Soup
 Sausage and Lentil Pasta

Southern Italian Potatoes, Peas & Meatballs



Southern Italian Potatoes, Peas & Meatballs is a comforting, rustic one-pot meal made with tender potatoes, sweet peas, and homemade Italian meatballs simmered together in a flavorful tomato sauce. This hearty family-style dish is simple, satisfying, and perfect for a Sunday dinner or any time you want a traditional Italian comfort meal.

- 1 lb. lean ground beef (85-15)
- 1/2 cup milk
- 2 eggs slightly beaten
- 1/4 cup grated Pecorino or Parmesan cheese
- 3/4 cup Italian seasoned breadcrumbs
- 2 cloves garlic finely minced (finely minced)
- 1 Tbsp. onion powder
- 2 Tbsp chopped Italian parsley
- Salt & pepper to taste
- 2 Tbsp. Olive oil

- 1/2 cup dry white wine
- 2 cups low-sodium chicken stock
- 3 small potatoes (peeled & cubed)
- 1-2 cups green peas (fresh or frozen)
- 1/3 cup chopped Italian parsley
- Salt and pepper to taste

1. **Prepare the meatballs:** In a large bowl, combine the breadcrumbs with the milk, let sit until the milk is fully absorbed add in the eggs, grated cheese, breadcrumbs, minced garlic, onion powder chopped parsley, and a generous pinch of salt and black pepper. Mix until just combined, being careful not to overwork the meat. Roll the mixture into small meatballs, about the size of a walnut.

2. **Brown the meatballs:** In a wide, deep skillet or Dutch oven, heat the olive oil over medium heat. Add the meatballs in a single layer (you may need to work in batches) and brown them on all sides, turning gently. Once golden, transfer them to a plate and set aside.

3. **Deglaze the pan:** With the heat still on medium, pour the white wine into the pan, scraping up any browned bits from the bottom with a wooden spoon. Let the wine simmer for a minute or two to reduce slightly.

4. **Simmer with potatoes:** Return the browned meatballs to the pan and add the cubed potatoes. Pour in the chicken stock, making sure the meatballs and potatoes are partially submerged. Cover the pan and let everything simmer gently for about 15–20 minutes, or until the potatoes are tender and the meatballs are cooked through.

5. **Add the peas:** Stir in the peas (fresh or frozen) and cook for another 5–7 minutes, just until the peas are heated through and tender. Taste and adjust seasoning if

needed. ENJOY!!!Ladle the meatballs, potatoes, and peas into shallow bowls with a bit of the broth. Serve warm with crusty bread to soak up the flavorful juices.

Main Course
Italian
Southern Italian potatoes peas meatballs