

## **NANA BENEDETTA'S MEATBALLS**

\*1 LB GROUND BEEF (OR A COMBO OF BEEF, PORK, AND VEAL)  
¼ TSP RED PEPPER FLAKES (TO TASTE)  
3 CLOVES FINELY MINCED GARLIC  
1 SMALL ONION FINELY DICED (APPROX ½ CUP)  
1 HANDFUL FRESH CHOPPED PARSLEY  
1 EGG  
APPROX ½ C SEASONED ITALIAN BREADCRUMBS  
APPROX ¼ C PARMIGIANO CHEESE  
SALT AND PEPPER TO TASTE  
1 TBL OLIVE OIL

In a large bowl, add meat, garlic, onion, parsley, egg, breadcrumbs, cheese, salt and pepper. Combine well.

Form into balls. Heat skillet to medium high. Add olive oil. Fry meatballs on one side until browned. Turn and fry on other side.

They're delicious like this, or you can drop them into Nana Benedetta's Marinara Sauce and simmer for at least 45 mins. (The longer they cook, the better they taste).

\*Dark meat ground turkey can also be substituted

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