



Italian Meatballs

"You'll love the way the aroma fills up the whole house on a cold winter day. Feel free to use a little more ground beef to make even more meatballs."

Servings: 6

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| 1 cup bread crumbs | 1 tsp dried parsley | 1 lb ground beef |
| 1/2 cup water | 1/4 tsp dried | 2 Tbsp olive oil |
| 2 eggs | oregano, crushed | Marinara sauce |
| 1/4 cup grated Parmesan cheese | 1 tsp salt | |
| | Dash of pepper | |

1. Combine bread crumbs and water.
2. Stir in eggs, Parmesan, herbs, salt, and pepper.
3. Add meat; mix well.
4. With wet hands, form 20 to 24 small balls.
5. Heat oil and cook meatballs until brown, turning regularly, over low to medium heat.
6. Place meatballs on paper towels to absorb any oil.
7. Heat sauce to a boil. Lower to a simmer, add meatballs, and cook, loosely covered, for 30 to 40 minutes.
8. Serve with spaghetti.

Per serving: 290 calories, 17g fat, 120mg cholesterol, 630mg sodium, 19g protein, 13g carbs