

Beef Meatballs

Adapted from Cooking Light, Annual Recipes, 1998

Ingredients:

- 1 $\frac{1}{2}$ pounds ground round
- $\frac{1}{2}$ cup dry breadcrumbs
- $\frac{1}{3}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup finely shredded fresh Parmesan cheese
- $\frac{1}{4}$ cup tomato sauce
- 1 teaspoon dry mustard
- $\frac{3}{4}$ teaspoon dried Italian seasoning
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon crushed red pepper
- 2 garlic cloves, crushed

Method:

1. Preheat oven to 400°C
2. Combine all ingredients in a large bowl; stir well.
3. Shape mixture into 30 (1.5 inch) meatballs
4. Place meatballs on a cookie sheet coated with cooking spray.
5. Bake at 400°F for 15 minutes until done.
6. Yield: 30 meatballs (serving size 5 meatballs)

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ES.287 / 5.S15 Kitchen Chemistry
Spring 2009

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