

Papa “A” cooks

Time to “kick up” your manly game!



Ingredients

Extra-virgin olive oil

1 large onion, 1/4" dice

salt

2 cloves garlic, smashed & chopped

pinch of red pepper

1/2 lb. ground beef

1/2 lb. ground veal

1/2 lb. ground pork

2 large eggs

1 cup grated Parmigiano

1/4 cup finely chopped Italian parsley

1 cup breadcumbs

1/4 cup water

Meatball recipe

Dirctions

Coat a large saute pan with olive oil, add the onions and bring to a medium-high heat. Season the onions generously with salt and cook for about 5-7 minutes. The onions should be very soft but have no color. Add the garlic and the crushed red pepper and saute for another 1-2 minutes. Shut off heat and allow to cool.

In a large bowl combine the meats, eggs, Parmigiano, parsley and bread crumbs. Use your hands to mix all ingredients. Add the onion mixture and season generously with salt and mix some more. Add the water and do one final mixing. The mixture should be wet.

Shape the meat into the desired size. Coat a large pan with olive oil and bring to a medium high heat. Brown the meatballs on all sides. Place them on a cookie sheet and bake in pre-heated oven at 350 degrees for about 15 minutes. ENJOY!