

Recipe from FormerChef.com

How To Make Meatballs

2 lbs ground beef
2 lbs ground pork
2 lbs ground chicken
2 Tbsp minced onion*
3 cloves garlic, minced
2 Tbsp dried oregano
1.5 cups coarsely ground breadcrumbs
2/3 cup finely grated Parmesan cheese
1/2 tsp kosher salt
6 eggs

Yield: 80 each, 2" meatballs

Recipe Notes;

The recipe can be scaled back. Basically it's 1 egg, and 1/4 cup breadcrumbs per pound of meat.

Feel free to play with the proportions on the meats if you want, but this mix yields a flavorful, tender and slightly healthier (lower in fat) meatball.

1. Preheat oven to 450 degrees.
2. Put all the meat in a large bowl. Using clean hands, mix in the onion, garlic, oregano, bread crumbs, cheese and salt. Mix in the eggs making sure everything is evenly distributed. *Minced onion~my mother swears by dried or dehydrated onion in this recipe. I switched it out for fresh because I realize that it's not someone everyone might have in their pantry. But if you have it, you can substitute 1 Tbsp dried for the 2 Tbsp fresh onion.
3. Roll out the meatballs. The ones I made were about 2" in diameter and weighed 1.3-1.4 oz each. I used a scale to periodically check the weight as they had a tendency to creep up in size. I wanted them all to be even so they would cook evenly. Lay the meatballs out on a foil lined baking sheet.
4. Bake at 450 degrees for about 30 minutes until lightly browned and cooked through.
5. Simmer the meatballs in [marinara sauce](#) on low after cooking for 30 minutes before serving for extra flavor.