

Authentic Italian Beef Meatballs

Yield: 16 min
Total Time: 170 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-beef-meatball-recipe>

Ingredients:

- 2 cups white bread diced, crusts removed, from about 4 slices
- 1/2 cup water
- 4 eggs I use extra large.
- 1 cup grated romano cheese freshly
- 4 garlic cloves
- 2 tablespoons chopped fresh parsley
- 1 1/2 teaspoons black pepper
- 1 1/2 teaspoons salt
- 2 pounds 85% lean ground beef Preferably grass-fed & organic
- 1/4 cup canola oil plus extra if needed to fry the second batch
- tomato sauce
- meatballs
- 3 quarts marinara sauce Homemade, Make three batches of my marinara sauce recipe. For the tomatoes, use a total of 2, 28-ounce cans cr...

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 60 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1160 milligrams
9. Sugar: 18 grams

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