

Italian Meatballs

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/zios-italian-nachos-recipe>

Ingredients:

- 1 pound ground beef at least 16 percent fat
- 1 pound ground pork
- 2/3 cup milk whole or 2 percent
- 3 slices white bread crusts removed, about 3 ounces
- 1/4 cup ricotta cheese
- 1/4 cup grated Parmesan cheese
- 2 eggs
- 2 teaspoons kosher salt
- 1 tablespoon fresh parsley chopped
- 2 teaspoons black pepper
- 1 teaspoon dried oregano or marjoram
- 3 garlic cloves minced
- 1 cup flour for dusting
- 1/3 cup olive oil
- 2 1/2 cups tomato sauce make in step 1 of method or use already prepared
- 2 tablespoons olive oil
- 3/4 cup finely chopped onions
- 3/4 cup carrots finely chopped
- 3/4 cup chopped celery finely
- 2 tablespoons fresh parsley chopped
- 1 clove garlic minced
- 28 ounces tomatoes crushed or whole, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped
- 1/2 teaspoon dried basil or 2 Tbsp chopped fresh basil
- 1 teaspoon tomato paste
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 145 milligrams
4. Fat: 39 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 12 grams
8. Sodium: 1270 milligrams
9. Sugar: 13 grams
10. TransFat: 0.5 grams

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