

Italian Mozzarella Stuffed Meatballs

Yield: 16 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-mozzarella-recipe>

Ingredients:

- 1 1/2 pounds lean ground beef
- 1 yellow onion small, finely chopped
- 1/2 cup breadcrumbs
- 1/3 cup grated Parmesan cheese fresh, plus extra for sprinkling
- 2 eggs lightly beaten
- 3 cloves garlic minced
- 2 tablespoons fresh parsley chopped
- 2 tablespoons fresh basil chopped
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper fresh
- 8 ounces mozzarella cheese ball, cut into 1/2 inch square pieces
- 1 tablespoon olive oil
- 1/2 cup yellow onion diced
- 2 cloves garlic minced
- 1/2 teaspoon cornstarch
- 1/4 cup Malbec wine Alamos
- 28 ounces crushed tomatoes
- 2 tablespoons fresh parsley chopped
- 2 tablespoons fresh basil chopped
- 1/2 teaspoon kosher salt

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 65 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams

6. Protein: 15 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 390 milligrams
 9. Sugar: 1 grams
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