

Perfect Meatballs with Ground Beef and Italian Sausage

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-ground-beef-italian-sausage-recipe>

Ingredients:

- 3 tablespoons olive oil
- 1 large onion chopped
- 2 teaspoons salt
- 2 cloves garlic minced
- 1 pinch crushed red pepper
- 1 pound ground beef
- 1 pound Italian sausage pork
- 2 large eggs
- 1 cup grated Parmesan cheese
- 1 cup panko breadcrumbs
- 1/2 cup water

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 95 milligrams
4. Fat: 24 grams
5. Protein: 17 grams
6. SaturatedFat: 9 grams
7. Sodium: 840 milligrams
8. Sugar: 1 grams

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