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Where you can find locally raised meat, milk and eggs!

How to Make Meatballs (Beef, Turkey or Chicken)

Meatballs are one of the easiest things to make. And versatile: they can be added to pasta like spaghetti, ziti or penne and spaghetti sauce for a meal, put in a sub roll as a sandwich, or eaten on their own with spaghetti sauce or a glaze! And this recipe is particularly healthy when meat with lean ground turkey or ground chicken. I make a batch or 20 meatballs using 2 to 4 lbs of ground meat and freeze the extras for later.

Costco, Sam's Club, BJ's and your local grocery store all have ground beef, ground turkey and ground chicken year round.

Total time: about 40 minutes

Cooks for about: 20 minutes
Yield:

10 meatballs (about the size of a golf ball) per pound of ground meat

Easy to make!

Ingredients

- 2 lbs ground meat (beef, turkey and or chicken)
- 1 cup dry bread crumbs (plain or with Italian seasoning)
- 2 medium sweet onions, finely diced (1/8 inch cubes)

- 1/2 cup milk
- 1 Tablespoon Worcestershire sauce
- 1/2 teaspoon pepper
- 2 Tablespoons Italian seasoning (which is a mixture of oregano, basil, marjoram thyme, rosemary, sage)
- 1 teaspoon minced garlic
- 2 eggs (3 if you are using ground turkey or ground chicken)

Equipment

- Oven pan
- Cutting board, knife, large mixing bowl
- Sheet of aluminum foil
- Non-stick cooking spray, butter or coconut oil
- meat thermometer
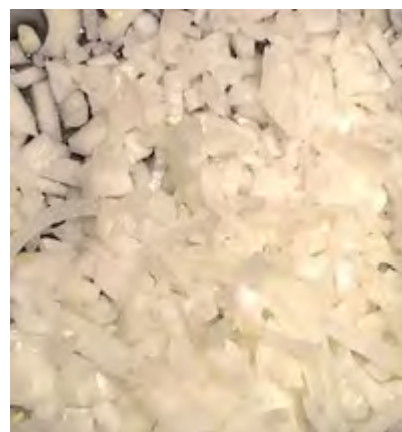
Directions

Step 1 - Preheat the oven

Preheat the oven to 400 degrees F.

Step 2 - Dice the onions

Finely dice 2 onions.

Step 3 - Mix all of the ingredients

Mix all of the ingredients in a mixing bowl. Be sure to wash your hands afterwards as raw ground meats contain harmful bacteria.

Step 4 - Get your pan ready

Line the cooking pan (with a sheet of aluminum foil and coat with your choice of oil, spray, butter, etc.

Step 5 - Make the meatballs

Make the meatballs by hand, about the size of a golf ball, but you can make them larger or smaller, if you like.

Step 6 - Bake in the oven for 20 - 25 minutes

I use a remote meat thermometer that beeps when the meat reaches 170 F. Most meats need to reach 165 F to be safe, I go the extra 5 degrees, size not all meatballs may be the same size and done the same.

Step 7 - Serve or Freeze

Let them cool to serving or storing temperature for a 5 minutes, then either serve them or freeze them!