



Meatball Bliss

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes



These meatballs are a compilation of many, many meatball recipes to finally achieve what I was looking for... Meatball Bliss!

MIX FIRST:

1/2 pound ground beef, 90% lean meat

1/2 pound ground pork

1/2 teaspoon sea salt

1 small onion, diced

1/2 teaspoon garlic salt

1 1/2 teaspoon McCormick Perfect Pinch Italian Seasoning

3/4 teaspoon dried oregano

3/4 teaspoon red pepper flakes

1 dash hot pepper sauce (such as Frank's RedHot®), or to taste

1 1/2 tablespoons Worcestershire sauce

MIX NEXT:

1/2 cup ricotta cheese

1/4 cup grated Parmesan cheese

1/2 cup bread crumbs, seasoned

Preheat an oven to 400°.

Place the beef and pork into a mixing bowl, and season with salt, onion, garlic salt, McCormick Perfect Pinch Italian seasoning, oregano, red pepper flakes, hot pepper sauce, and Worcestershire sauce; mix well.

Add the ricotta, Parmesan cheese, and bread crumbs. Mix until evenly blended.

Form into 1-1/2-inch meatballs, and place onto a baking sheet.

Bake in the pre-heated oven until no longer pink in the center, 20 to 25 minutes.

Irresistible Savory Delights with a Twist! These meatballs are a true taste sensation, offering a perfect blend of ingredients that will leave you pleasantly surprised. The addition of Worcestershire sauce and creamy ricotta elevates this recipe to a whole new level. These meatballs are expertly cooked, striking the ideal balance between moist and tender, making each bite a culinary delight.

NOTES: Meatballs can be frozen, wrapped well, up to 3 months.

Serving Ideas: Cover with your favorite red sauce and serve with pasta or in crusty garlic bread rolls.

Per Serving (excluding unknown items): 207 Calories; 9g Fat (39.0% calories from fat); 20g Protein; 12g Carbohydrate; 1g Dietary Fiber; 60mg Cholesterol; 709mg Sodium; 2g Total Sugars; trace Vitamin D; 110mg Calcium; 2mg Iron; 379mg Potassium; 220mg Phosphorus. Exchanges: .

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