

Gus's Farm Meatballs

*Made with Gus's Farm Grass-fed Beef & Ground Pork



Ingredients

- 1/3 cup plain bread crumbs
- 1/2 cup milk
- 2 tablespoons olive oil
- 1 onion, diced
- 1 pound Gus's Farm Grass-fed ground beef
- 1 pound Gus's Farm ground pork
- 2 eggs
- 2 tablespoons grated Parmesan cheese
- 1/4 bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried Italian herb seasoning
- 1/2 teaspoon red pepper flakes

Directions

1. Cover a baking sheet with foil and spray lightly with cooking spray.

2. Heat olive oil in a skillet over medium heat. Add onion; cook and stir until onion has softened, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more.
3. Gently stir beef and pork together in a large bowl. Add onions, bread crumb mixture, eggs, Parmesan cheese, parsley, garlic, salt, black pepper, Italian herb seasoning, and red pepper flakes; mix together. Cover and refrigerate for about one hour.
4. Preheat the oven to 425 degrees F
5. Make balls about 1 1/2 inches
6. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.