

Marie Saba

from my kitchen to yours

Meatballs Marinara

Ingredients:

- 1/4 cup Panko
- 2 Tablespoons milk
- 1 egg
- 1/2 cup grated Parmesan cheese (not shredded), plus more for garnish
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 lb. grass-fed ground beef
- 1 jar (24 oz.) marinara or other pasta sauce
- 3-4 basil leaves for garnish, if desired

Instructions:

- 1** In a large bowl, mix together Panko, milk, egg, Parmesan, garlic powder, salt and pepper. Add ground beef and mix together with your hands. Using your hands, make about 20 golf-ball-sized meatballs and place on a baking sheet.
- 2** Set oven to broil. Placing baking sheet on a rack in the upper-third of the oven, broil meatballs for 5 minutes. Remove pan from oven and flip meatballs, then broil meatballs again for 5 minutes more.
- 3** Switch oven to bake and preheat to 375F.
- 4** Pour about 1 cup sauce into the bottom of a medium-sized oven-proof dish. Add the meatballs to the sauce. Pour remaining sauce over the meatballs.
- 5** Bake for 15 to 20 minutes. Garnish with grated Parmesan and fresh basil before serving.

