

## MEATBALLS

### Ingredients:

1 1/2 lb. ground beef  
1/2 lb. Italian sausage (may add less sausage)  
1 egg  
1/2 c. dry bread crumbs (packaged Italian crumbs are good)  
1/4 c. Parmesan cheese  
1/4 c. fresh Italian flat parsley (cilantro)  
2 tbsp. minced onion  
1 lg. clove minced garlic  
1/2 tsp. basil  
1/2 tsp. oregano  
Salt and pepper to taste

### Instructions:

Mix until well blended. Shape into medium-sized balls. Place in spaghetti sauce that has simmered for 1/2 hour. Can brown meatballs first, if you wish. To brown, put in roaster at 350 degree oven for 25 minutes. Let meatballs simmer in sauce for 1/2 hour or until done. The longer they simmer in the sauce the better they will taste.