



MEATBALLS

Yield = about 1 dozen 2oz. meatballs

½ lb. Ground beef
½ lb. Ground pork
½ lb. Ground lamb
½ Medium onion
1 Medium carrot
½ C dry bread crumbs
½ C Ground Parmesan cheese
1 Large egg
¼ C Ketchup
2 T Dijon mustard
1 tsp Dried oregano
½ tsp Garlic powder
¼ tsp Crushed red pepper flakes
1 ½ tsp Salt
¼ C Olive oil

1. In a food processor, pulse the onion and carrot until evenly minced (very small) without turning them to a mush
2. In a large mixing bowl, add all of the ingredients minus the olive oil
3. Using your hands, mix thoroughly or until all the ingredients are fully incorporated without overworking the meat (this can cause tough meatballs)
4. Measuring out 2 oz. of the meatball mixture, form and roll into balls
5. Repeat with the remaining mix
6. In a Dutch oven, heat the olive oil over medium heat
7. Add the meatballs and brown on all sides
8. If making a tomato sauce, remove the meatballs to make your sauce in the same Dutch oven and add meatballs back to simmer for 15 minutes or until just cooked through