Meatballs

Serves 4

Shopping List

Meat Section:
1 Pound of minced (ground) beef, chicken, or pork

Dairy Section
Small container of milk
Small block of Parmesan Cheese
1/2 dozen eggs

Produce
Oregano- small box
1 Bundle of fresh flat leaf parsley

Dry Goods
1 Container of white bread crumbs

Ingredients:

1 Egg- lightly beaten

2 Tablespoons of milk

1 Cup fresh white breadcrumbs

1/2 Cup Parmesan Cheese- finely grated

Oregano- small box, finely chopped

Salt and pepper

1 Bundle of fresh flat leaf parsley, finely chopped

1 Clove of garlic, finely chopped

1 Pound of minced (ground) beef, chicken, or pork

1/4 cup of olive oil

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Equipment Needed:

1 Medium sized bowl

1 Ovensafe tray

1 Large frying pan

Directions:

1. Combine the egg, milk and breadcrumbs in a medium bowl and set aside to soak for 5 minutes

2. Add parmesan cheese, oregano, parsley, and garlic. Season with salt and pepper.

3. Add minced beef and mix thoroughly.

4. Shape tablespoonfuls into firm meatballs and place on to a tray.

5. Heat olive oil in a large frying pan, and fry meatballs in batches for 3-4 minutes until browned all over and cooked through.

6. Serve with pasta, side dish, or with tomato sauce.