

Italian Meatballs

1 lb. 90/10 ground beef
1 lb. ground Italian seasoned turkey
2 eggs, lightly whisked
1 cup Parmesan, grated or shredded
1 tbs. Italian parsley, minced
3 garlic cloves, minced or pressed
1 1/2 tsp. Kosher salt
1/2 tsp. freshly ground black pepper
Pinch red pepper flakes (optional)
1 cup plain breadcrumbs
1 cup lukewarm water
Olive oil, for browning
2 jars marinara sauce

Combine beef and turkey in a large bowl. Add eggs, Parmesan, parsley, garlic, S&P, and red pepper flakes. Mash everything together using your hands until ingredients are evenly distributed. Add in the breadcrumbs and mash into meat mixture. Pour in the water and mash again until combined.

Using an ice cream scoop, form balls using your hands. Set meatballs onto a Pyrex dish or baking sheet lined with parchment paper. Freeze meatballs for 20–25 minutes or until firm. This will keep them from falling apart when you brown them.

Heat a large skillet or Dutch oven over medium–high heat. Pour in olive oil so that the oil is about 1/4” deep. Heat the oil until shimmering (you want to hear a sizzle as soon as you put a meatball in).

Brown the meatballs in batches, being careful not to crowd the pan. Cook for about 1–2 minutes per side, turning to brown all sides of the meatballs. The middle part of the meatball will still be raw at this point, and that’s okay.*

Remove the meatballs from the oil and set to drain on a paper towel lined plate.

Heat marinara sauce in a large saucepan over medium–low heat. Once the sauce is warmed, gently drop in the meatballs, cover, and cook 5 minutes. Flip the meatballs to coat them in the sauce, cover, and continue cooking for another 15 minutes.

Garnish with freshly grated Parmesan and basil or parsley.

*If you’re making the meatballs ahead of time, go ahead and preheat your oven to 350 at this point. Place meatballs on a baking sheet lined with parchment paper and bake for 15 minutes or until meatballs are cooked through**. Store in a covered container in the fridge for up to 2 days. Warm them in marinara sauce over medium–low heat for about 15 minutes.

**To freeze: Allow meatballs to cool on baking sheet. Store in large Ziploc bag or freezer container for up to 3 months. Thaw overnight, then warm in sauce as above.

