



Basic Meatballs

½ cup soft white breadcrumbs (approximately two slices of bread)
½ cup milk
½ cup finely chopped shallot
1 egg
1 teaspoon dried Italian mixed herbs, crushed
1 teaspoon salt
½ teaspoon black pepper
2 pounds lean ground beef

In a small bowl, combine all ingredients except ground meat. Let soak 5 minutes. Pinching off tiny bits at a time, add the ground beef to a large bowl. Pour milk mixture over meat and stir to combine, being careful not to over mix or knead. Form into 1" diameter meatballs. Makes approximately 60 small meatballs.

Freezing Instructions

To freeze, spray a sheet tray with non-stick spray. Roll meatballs and place (uncooked) in a single layer on the tray. Freeze until the meatballs are solid, then package in freezer baggies.

