



100% Grass Fed Beef and Natural Vegetables

Yoder, WY

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Meatballs

When making meatballs, make a lot, bake in the oven, cool, and freeze. I can make and cook 3-4 pounds of meatballs in one hour. The frozen, fully cooked meatballs can then be used to prepare quick, tasty meals.

Freeze cooked and cooled meatballs on clean cookie sheets. Once frozen, meatballs may be placed in gallon-size freezer bags, and stored up to three months in the freezer. Meatballs can be pulled from the bags in the quantity desired.

This recipe may be easily doubled or halved. Each pound of meat makes about 25-36 meatballs, depending on size.

Basic Meatballs:

2 eggs
1 cup dry bread crumbs
1/4 cup finely chopped onion
2 pounds lean ground beef
1 tsp. Worcestershire
1/4 tsp. white pepper

In a large bowl, beat eggs. Add all remaining ingredients. Mix well with hands. Shape into 1-inch balls. Place meatballs in single layers on ungreased cookie sheets.

Bake at 400 degrees for 10-15 minutes, until cooked throughout. Remove meatballs from sheets and drain, if necessary. (If lean, grass-fed beef is used, there will be no need to drain grease from the meatballs.) Cool meatballs. Freeze, or use in recipes.

VARIATION: Italian Sausage Meatballs

2 eggs
1 cup dry bread crumbs
1/4 cup finely chopped onion
2 pounds lean Italian sausage

Use the above ingredients and follow instructions as for Basic Meatballs.

Another VARIATION: Steamed Beef Balls (see recipes page)

Some Recipe Ideas for Using the Meatballs:

Italian Meatball and Pasta Soup (see recipes page)

Cocktail Meatballs: Simmer frozen or thawed ground beef meatballs in barbeque sauce or sweet-and-sour sauce until heated through. Serve as Hors D'oevres with toothpicks.

Meatball Sandwiches: Italian or ground beef meatballs, spaghetti sauce, and mozzarella cheese on hoagie rolls.

Baked Meatballs with Marinara and Fresh Mozzarella Cheese: Place meatballs in an oven-safe casserole. Top with marinara sauce and slices of fresh mozzarella. Place in a pre-heated oven at 300° and bake until heated through. Remove pan from oven and turn oven on broil. Return pan to oven and broil for a few moments, just until mozzarella is lightly browned.

Spaghetti and Meatballs: simmer Italian or ground beef meatballs (frozen or thawed) in spaghetti sauce for 15-20 minutes, until heated through. Serve over cooked pasta.

Meatball Pizza: Slice Italian Sausage or ground beef meatballs onto pizza as a topping.