

Speecy-Spicy Meatballs

Makes about 50 meatballs

1 1/4 cup whole milk

3/4 cup dried breadcrumbs

1 pound spicy Italian sausage, regular if you don't like it "speecy-spicy!"

2 pounds ground beef, I use ground chuck

2 1/2 teaspoons kosher salt

Freshly ground black pepper

1 tsp paprika

1/2 tsp cayenne

3/4 cup finely chopped Italian parsley

1 1/2 cups finely diced or grated yellow onion, from about 2 small yellow onions

4 large garlic cloves, finely minced or grated

2/3 cup grated Parmesan cheese

4 large eggs, beaten

Olive oil

Pour the milk over the breadcrumbs in a small bowl. Stir them together and set them aside to soften. Mix the sausage and beef together in a large mixing bowl. Stir in the salt and a generous amount of black pepper, then add the cayenne and paprika. Stir in the chopped parsley, onion, garlic and Parmesan. Mix with your hands then stir in the breadcrumbs and milk, and eggs, mix thoroughly. Shape and cook the meatballs immediately or you can freeze the meatballs in Ziplocs for use later.

I bake mine in the oven, 350 degrees for about 20 minutes. Roll into ping pong size balls, about 1 1/2" in diameter. Place on baking sheets lined with silicone sheets or drizzle the pans lightly with olive oil. If you are cooking them in your marinara, add raw balls to the pot and allow to simmer at least 30 minutes covered to let them soak up the flavor of the sauce. They are delicious with a little brown gravy over mashed potatoes or with BBQ sauce as an appetizer. We like meatball subs too, toasted bun, meatballs, marinara and mozz... broil until bubbly and melted, it's GRANDkid friendly!