

Chef John's Italian Meatballs

This Italian meatball recipe is very easy to make, and since we skip the messy step of pan-frying the meatballs, it becomes downright simple. Here I use a standard half-beef/half-pork mixture. Once the meatballs are baked, add them to your favorite prepared tomato sauce and simmer for 1 to 2 hours.

By **Chef John** | Updated on May 16, 2023

 Tested by **Allrecipes Test Kitchen**

Prep Time: 20 mins

Cook Time: 35 mins

Additional Time: 1 hr 20 mins

Total Time: 2 hrs 15 mins

Ingredients

- 1/3 cup plain bread crumbs
- 1/2 cup milk
- 2 tablespoons olive oil
- 1 onion, diced
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 2 tablespoons grated Parmesan cheese
- 1/4 bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried Italian herb seasoning
- 1/2 teaspoon red pepper flakes

Directions

Step 1

Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes.

Step 2

Meanwhile, heat olive oil in a skillet over medium heat. Add onion; cook and stir until onion has softened and turned translucent, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more.

Step 3

Gently stir beef and pork together in a large bowl. Add onions, bread crumb mixture, eggs, Parmesan cheese, parsley, garlic, salt, black pepper, Italian herb seasoning, and red pepper flakes; mix together using a rubber spatula until combined. Cover and refrigerate for about one hour.

Step 4

Preheat the oven to 425 degrees F (220 degrees C).

Step 5

Form mixture into balls about 1 1/2 inches in diameter; arrange in a single layer on the prepared baking sheet.

Step 6

Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

Cook's Notes:

Some recipes use equal portions of beef, veal, and pork, which is also nice, yet more expensive. These days you can find all sorts of lean-to-fat ratios for ground beef. Most stores sell 90% lean, 10% fat, but I prefer the 80% lean, 20% fat ratio for this recipe.

You can substitute water or beef broth for the milk if preferred.

Serve with homemade tomato sauce and polenta.

Nutrition Facts

Per serving: 390 calories; total fat 31g; saturated fat 12g; cholesterol 91mg; sodium 617mg; total carbohydrate 5g; dietary fiber 1g; protein 21g; vitamin c 4mg; calcium 62mg; iron 2mg; potassium 349mg