

# MEATBALLS

*For pasta and subs*

## INGREDIENTS

olive oil  
1 lbs ground chuck  
1 lbs ground pork  
6 cloves garlic, grated  
1 onion, grated  
1/2 C milk  
1 C breadcrumbs or  
oats  
2 eggs  
1TBSP oregano  
1 1/2 TBSP basil  
1TBSP marjoram  
1 tsp red pepper flakes,  
or to taste  
1 tsp salt  
1 tsp pepper

## DIRECTIONS

1. Soak breadcrumbs or oats in milk for 30 minutes.
2. Grate garlic and onion with a cheese grater or a food processor.
3. Add all ingredients to a large bowl. Mix with your hands until they come together.
4. Shape meatballs into balls about 2 inches in diameter. Place 1 inch apart on a rimmed baking sheet lined with foil.
5. Bake at 375 until meatballs are cooked to a 165-degree internal temperature.
6. Serve on pasta with marinara sauce or as meatball subs.

## NOTES

If using fresh herbs, put them in the food processor with the garlic and onion to make a paste. It will mix in more easily. Otherwise crush them with a mortar and pestle. If you don't have breadcrumbs or oats, you can use leftover rice or panko.