

Italian Meat Balls

6 - 8 Servings

Amount	Size	Description
1	Large	Egg
¼	Cup	Breadcrumbs
1	Lb.	Ground Beef or Turkey
2	Tbl	Old Norse World Cuisine – Italian

Instruction

1. Add 1 egg, 1/4 cup breadcrumbs to 1 pound ground beef or turkey. Mix with hands until fully combined.
2. Add 2 tablespoons of spice blend and mix with hands until fully combined.
3. Make balls about 1" in diameter.
4. Add canola oil to a preheated skillet and place a few meatballs in skillet, turning often.
5. When outside is cooked, place meatballs on grate over cooking sheet.
6. After all meatballs are surface cooked, place grate and pan in preheated oven at 350 degrees for 10 minutes.
7. During this time, add al Dante pasta to skillet with warm sauce.
8. Add meatballs and simmer noodles, sauce, and meatballs for 10 minutes, stirring often.

