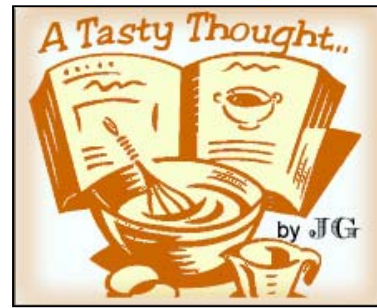


A Recipe compliments of



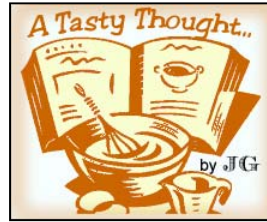
TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD



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Savory Meatballs

Ah, a family favorite for so many years ... spaghetti and meatballs. Earlier this week that was on our menu. Served along with "Parmesan Toast" and a salad, it "hit the spot". So easy to make and so tasty to eat. Any extra Meatballs can be packaged and placed in the freezer to use at a later date.



Ingredients:

- 1½ lbs. Ground Beef
- ¾ cup dry bread crumbs
- 1 tsp. Worcestershire sauce
- 1 egg (or 2 egg whites)
- ½ cup milk
- Sprinkles of Parsley,
Garlic, Oregano & Basil

Method:

1. Mix all ingredients well in a large bowl.
2. Shape 1 Tbl. rounded meatballs from mixture, larger if desired
3. Heat 1 Tbl. Olive Oil in non-stick skillet.
4. Fry meatballs, turning over until done.

Serve over cooked spaghetti noodles. Add sauce on top. Remember the "Parmesan Toast".

Meatballs can also be used for meatball grinders.

Hint: These meatballs can also be frozen. Place in a Ziploc bag, label and freeze.

Enjoy!!!
JG

