

# Finally! Moist Meatballs



As a descendent of an Italian immigrant family, I have been handed down numerous variations of Meatball recipes from great- grandmother to grandmother to mother then me. That's a picture of Mom over on the left.

Then after marrying an Irish-Italian man I was given his Italian families versions of their best meatball recipes. I could fill a book with these recipes.

However, they really don't differ much.



It could be as simple as a little less cheese or no parsley but basically the same. However, I could never find one recipe that really gave me a nice moist meatball and one that would stay moist after being cooked in spaghetti sauce.

Solution was not in the ingredients but in the method of preparing. Thus, I have found a method that makes a moist and juicy meatball.

*Watch me prepare moist meatballs in this video below and see how easy it really is!*

***Ingredients:***

- 1 lb. ground meat (preferably chuck)
- 2 slices bread or rolls
- 1 cup milk
- 1 whole large egg
- 2 cloves minced garlic
- 2 TBS. chopped parsley
- $\frac{1}{4}$  cup grated Parmesan cheese
- $\frac{1}{4}$  tsp. course ground black pepper
- $\frac{1}{2}$  tsp. salt ( to taste)

***Directions:***

1. In large bowl mix together with your hands (best tool for this recipe) the bread, milk, egg, garlic, parsley, and cheese. You can also use a food processor for this. Mix until well blended. It will be a very runny mixture.



2. Add the ground meat, salt and pepper and mix well, again using hands.
3. The mixture will feel soft and moist. Shape into balls.



4. Fry in olive oil or microwave or bake until fully cooked.



5. Now you are ready to add the cooked meatballs to simmer in your spaghetti sauce. Here's my [Marinara Sauce](#)

[Recipe](#) along with a video.

