

### **Beef Meatballs**

Adapted from Cooking Light, Annual Recipes, 1998

#### **Ingredients:**

- 1  $\frac{1}{2}$  pounds ground round
- $\frac{1}{2}$  cup dry breadcrumbs
- $\frac{1}{3}$  cup chopped fresh parsley
- $\frac{1}{4}$  cup finely shredded fresh Parmesan cheese
- $\frac{1}{4}$  cup tomato sauce
- 1 teaspoon dry mustard
- $\frac{3}{4}$  teaspoon dried Italian seasoning
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon crushed red pepper
- 2 garlic cloves, crushed

#### **Method:**

1. Preheat oven to 400°C
2. Combine all ingredients in a large bowl; stir well.
3. Shape mixture into 30 (1.5 inch) meatballs
4. Place meatballs on a cookie sheet coated with cooking spray.
5. Bake at 400°F for 15 minutes until done.
6. Yield: 30 meatballs (serving size 5 meatballs)