

Meatballs, Italian #2

Coal Mine Pizza - Stuart

Port St Lucie News

Servings: 6

Coal Mine Pizza Giant Meatballs

3 pounds ground beef

1 pound ground veal

3/4 cup fresh basil, chopped

1 tablespoon kosher salt (or to taste)

1/2 grated parmesan cheese

3 eggs

1/3 cup garlic, diced

1/2 cup plain dried bread crumbs

1/4 cup commercially made marinara sauce

3 cups chicken broth

Preheat oven to 350 degrees.

Combine beef, veal, basil, salt, parmesan, eggs, garlic and bread crumbs in large mixing bowl; mix lightly but well.

Form into six (10 ounce) balls. Place in a deep roasting pan and add commercially made marinara sauce over meatballs and add chicken sauce to pan. Cover with aluminum foil and bake 45 minutes.

Serve each meatball with a generous 2/3 cup marinara sauce.

Per Serving (excluding unknown items): 883 Calories; 69g Fat (71.4% calories from fat); 59g Protein; 3g Carbohydrate; trace Dietary Fiber; 361mg Cholesterol; 642mg Sodium. Exchanges: 8 Lean Meat; 1/2 Vegetable; 9 1/2 Fat.