



“Italian Cuisine!”

Meatballs

½ lb ground veal
½ lb ground pork
½ lb lean ground beef
2 large eggs
1 clove garlic, minced
1 small shallot, minced
2 tbsp Worcestershire sauce
salt, pepper to taste
½ cup bread crumbs
¼ cup flour
¼ cup vegetable oil

1. Combine meats together in large bowl.
2. Add eggs, garlic, shallots, salt, pepper, and mix well.
3. Add bread crumbs only to absorb excess wetness, not dry the meatballs out.
4. Form balls and lightly dredge in flour.
5. Fry in heated oil until completely browned. Careful not to overcook.
6. Place meatballs in simmering spaghetti sauce.
7. Meatballs should be done in 15-20 minutes of simmering.
8. Serve with a smile and plenty of spaghetti!

*Be careful not to overcook to avoid hard, dry meatballs!

thegrillsergeants@pentagonchannel.mil