

Meatballs

Onion Mixture:

- 2 Tablespoons olive oil
- ¾ lbs. onions chopped fine
- 4 garlic cloves, minced
- ½ Tablespoon dried oregano
- ¾ teaspoon red pepper flakes

Meatballs:

- 4 slices hearty white sandwich bread
- ¾ cup milk
- ½ pound sweet Italian sausage, casings removed
- 2 ounces parmesan cheese, grated (1 cup)
- ½ cup chopped fresh parsley (2 ¾ T dried)
- 2 large eggs
- 2 garlic cloves, minced
- 1 ½ teaspoons salt
- 2 ½ pounds 80% lean ground chuck

For the onion mixture: Heat oil in dutch oven over medium-high heat until shimmering. Add onions and cook until golden brown - 10 to 15 minutes. Add garlic, oregano, and pepper flakes and cook until fragrant about 30 seconds.

For the meatballs; Meanwhile, adjust oven rack to upper-middle position and heat oven to 475 degrees. Mash bread and milk together in bowl with onion mixture until thoroughly combined. Add sausage, Parmesan, parsley, eggs, garlic, and salt, and mash to combine. Add beef and gently knead with hands until combined (do not overwork). Form mixture into 16 (2 ½ inch) meatballs, place on rimmed baking sheet and bake until well browned, about 20 minutes. Transfer meatballs to desired sauce and simmer for 15 minutes.

Meat balls can be frozen for up to one month.