

Tina's Meatballs

serves 4-6

Tina's Mom has been making these meatballs for many years. This easy recipe is one of Tina's favourites.

Ingredients:

1 pound ground turkey or ground beef
½ cup bread crumbs
1 teaspoon crushed red pepper flakes
½ yellow onion, minced
1 egg
2 cloves garlic, crushed
Salt and pepper (optional)

Olive oil for frying
Grated Romano or Parmesan cheese (optional)
Chopped parsley (optional)



Directions:

In a bowl, combine turkey, bread crumbs, pepper flakes, onion, egg and garlic. Add salt and pepper if you wish.

Form mixture into 1 ½" meatballs.

In a frying pan, heat 1" oil on medium heat. When the oil sizzles, add the meatballs and cook for about 10 minutes or until lightly brown (165° F). Roll them so all sides brown evenly.

Serve meatballs on top of hot pasta and tomato pasta sauce. Sprinkle with grated cheese and parsley if desired.

Enjoy!