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# Polpette di Nonna Nonna's Meatballs

## INGREDIENTS:

- 1 1/2 lb ground meatloaf mix (beef, pork, veal)
- 2 eggs, lightly beaten
- 1 1/2 cup fresh breadcrumbs (from day-old bread)
- 1/2 cup milk
- 3/4 cup grated cheese
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Pepper to taste
- Chopped fresh parsley, optional

## NONNA'S TIPS

- Try to drop the meatballs in an empty spot in your sauce, if your sauce already contains other meats and/or sausage. You want the meatballs to be fully immersed for best results.
- I use a 50/50 mix of grated Parmesan and Romano for my meatballs but you can use whichever you prefer.
- Using a mix of different types of meats, helps not only with flavor but also with texture. If you can't find meatloaf mix, use 50/50 beef and pork ground meats.

## DIRECTIONS

- Place ground meat in a large bowl.
- Add the lightly beaten eggs and stir.
- Soak breadcrumbs in milk in another bowl.
- When saturated, remove soaked crumbs and squeeze excess liquid out.
- Add them to the meat and egg mix.
- Add grated cheese, garlic powder, salt and pepper.
- If using parsley, add it now.
- Using your clean hands or a fork, mix ingredients well.
- Bring your tomato sauce to a gentle simmer.
- One by one, shape meatballs by rolling them in your hands.
- Gently drop each meatball into sauce.
- Repeat until all meat is gone.
- Do not stir at this point or you will break your raw meatballs.
- Cover pot and gently simmer for an hour to an hour and a half, stirring only after leaving sauce untouched for at least 15 minutes.
- Serve hot with your favorite pasta.
- Makes 18-20 meatballs.

