

Meatballs

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- 2 lbs ground beef
- 1 cup bread crumbs
- 1 egg
- 1 clove garlic minced
- ¼ cup finely chopped onion (optional)

Directions

Preheat Oven to 400 degrees.

In a large bowl mix all the ingredients.

Shape meat mixture into golf balls sized balls and place on a broiler pan.

Bake meatballs for 20-25 minutes.

Makes about 25-30 meatballs depending on size.

These can be made ahead and frozen up to 3 months!

Just toss frozen meatballs in pasta sauce while it heats. This will reheat the meatballs.