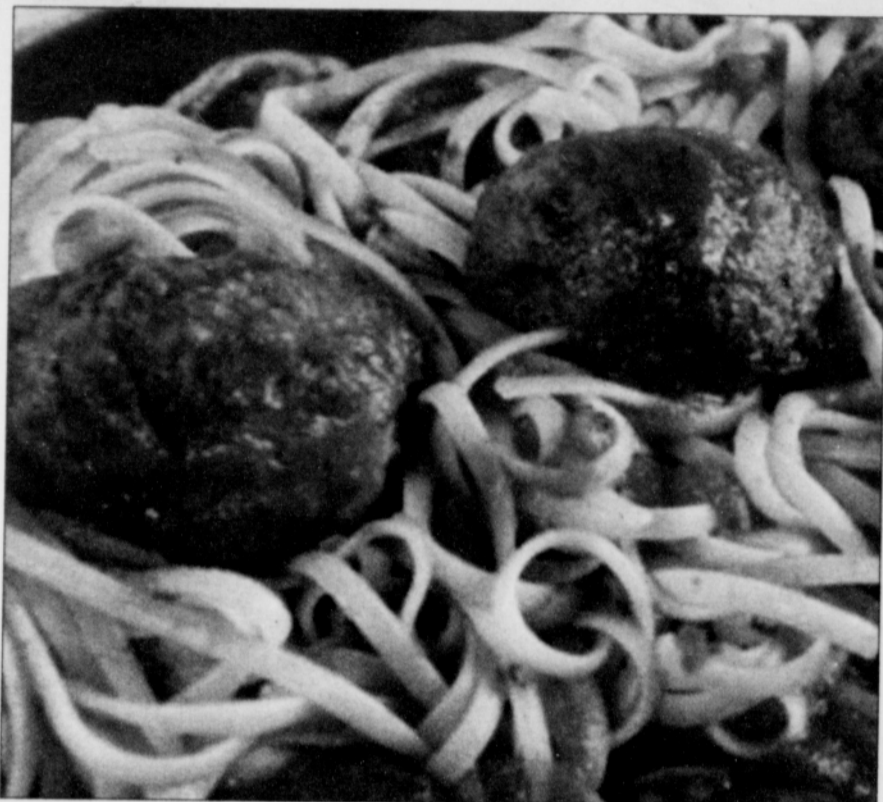


# FOOD



Using ground Italian sausage plus a few simple ingredients makes these flavorful meatballs extra-easy.

## Italian Meatballs

### Ingredients

- 1 1/2 pounds ground chuck
- 3 large eggs
- 1/2 cup milk
- 2 cloves garlic, crushed
- 1/2 cup onion, minced
- 1 teaspoon powdered Italian seasoning (see directions below)
- 1/2 cup grated Parmesan or Romano cheese
- 1/2 cup dry bread crumbs

### Italian Seasoning:

1. To make the dry Italian seasoning mix, blend one teaspoon each of the following spices: marjoram, thyme, savory, rosemary, sage, oregano and basil. Keep the remaining Italian seasoning in a container with an airtight lid, and use it on any Italian meat dishes.
2. Prepare a cookie sheet by covering it with foil. Thoroughly mix all ingredients in a large bowl, and set aside. If the mixture seems a little loose, add more bread crumbs, but not so much that the mixture becomes dry. Form meatballs that are about the size of a golf ball, and place them on the baking sheet. Bake the meatballs for approximately 30 minutes in an oven that has been preheated to 350 degrees Fahrenheit. Remove the cookie sheet from the oven, and add the meatballs to a saucepan of marinara sauce. Simmer for an additional 30 minutes.

### Meatballs Italiano:

1. For another way to get the full flavors of Italy into your kitchen, form the meatball recipe above around a spoonful of fresh roasted garlic. To roast the garlic, peel garlic bulbs, and cut the very tips off. Brush the cut sides with olive oil or butter, and wrap the entire bulb in foil. Place the bulbs, cut sides facing up, in a shallow baking dish, and bake for about 30 minutes in an oven that has been preheated to 425 degrees Fahrenheit.
2. When the garlic is done roasting, remove it from the oven, and squeeze the soft bulbs into a dish. Stir to mix. Then, when making the meatballs, scoop out a large tablespoon or so of meat and slightly flatten it. Place a small scoop of garlic in the center, and form the meatball around the garlic. Bake the meatballs as indicated in the above recipe.

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