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Recipe 89

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## Authentic Italian Meatballs.

### PREPARATION

- 1 - Mix all ingredients together in a large bowl by hand. (Bare hands are recommended for best results.)
- 2 - Roll meatballs to the approximate size of a golf ball.
- 3 - Drop raw meatballs into large stock pot of tomato sauce.
- 4 - Simmer for about 3 hours and enjoy.



### Authentic Italian Meatballs

**Cooks Note:** Authentic Italian meatball recipes are a labor of love, sometimes involving marination of the meat for 3 to 4 days in red wine. This recipe is close to authentic preparations, cooked right in the sauce to retain both the moisture and the flavor.

Bon Appetit  
-George

### INGREDIENTS

- 1 lb ground beef
- 2 eggs
- 1/4 cup milk
- 1/2 cup breadcrumbs
- 1/2 teaspoon salt
- 1 tablespoon fresh parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon fresh ground pepper
- 1/2 cup grated parmesan cheese
- 24 oz. pasta sauce of your choice

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