

# MEATBALLS

---

## INGREDIENTS

---

1 pound ground beef	1/2 tsp olive oil - to put in pan
1 clove garlic, minced	<b>For the sauce</b>
1/2 cup shredded mozzarella	1 medium onion, chopped
1/4 cup grated parmesan, plus more for serving	2 garlic cloves, minced
2 tbsp parsley	1 28 oz can crushed tomatoes
1 large egg, beaten	1 tsp dried oregano
1 tsp sea salt	sea salt and pepper

## PROCEDURE

---

In a large bowl, combine beef, garlic, mozzarella, Parmesan, parsley, egg, sea salt and pepper. Form into 16 meatballs.

In large skillet over medium heat, heat oil. Add meatballs and cook, turning occasionally, until golden on all sides, about 10 minutes.

Remove from skillet and place on a paper towel-lined plate.

To the same skillet, add onion and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add tomatoes and oregano, season with sea salt and pepper.

Add meatballs back to skillet, cover and simmer until sauce has thickened, about 15 minutes. Garnish with Parmesan before serving.