



# Mom's Baked Italian Meatballs

PREP TIME: 10 MINUTES  
BAKE TIME: 30 - 45 MINUTES

## Ingredients

- 1 Lb ground beef
- 2 cloves garlic, minced
- 2 tsp dried basil
- 1 tsp salt
- 1/2 tsp crushed red pepper flakes
- 1 Tbsp Worcestershire sauce
- 1/3 C milk
- 1/2 C grated parmesan
- 3/4 C plain breadcrumbs

## Directions

- Preheat oven to 400° F
- Oil a 9x13" baking pan
- Combine all ingredients in a bowl and mix well by hand until thoroughly blended
- Shape into 1 - 1 1/2 inch balls. Place into pan. Makes approximately 12 meatballs
- Bake 25 - 30"
- Add 5 - 15" for crispier meatballs
- Serve with your favorite marinara sauce and pasta

