



# RECIPE

## Ginny Goodale's Italian Meatballs

### INGREDIENTS

1 lb. ground beef...lean is good  
2 eggs  
½ cup grated Romano cheese  
2 Tsp parsley  
1 clove garlic, minced  
1 tsp salt

### DIRECTIONS

-Hand roll meat mixture into golf-ball size meatballs.  
-Brown your balls slowly in 2 Tbsp. olive oil.  
-Add to sauce and cook at least 30 minutes.

*Note:* Italian bread crumbs – add to consistency desired, pepper to taste (for multiple recipes, 2 eggs is enough for all)