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Classic Homemade Meatballs

Nothing compares to the satisfaction of biting into **juicy, homemade meatballs**, whether they're simmered in a rich, savory sauce or piled onto a toasted grinder roll, smothered in melted cheese and marinara.

The secret to tender, flavorful meatballs lies in **gentle handling**—overworking the meat mixture can result in a dense, chewy texture rather than the desired light and tender bite. Mixing just until the ingredients are combined ensures a perfect balance of flavor and texture in every bite.

Yields: Approximately 22 meatballs

Ingredients

- **1 lb ground chuck** (Ask your butcher to grind a chuck roast for optimal flavor.)
- **1/2 lb ground veal**
- **1/2 lb ground pork**
- **2 eggs**
- **2/3 cup seasoned breadcrumbs**
- **7g fresh parsley, chopped**
- **1/2 tsp granulated garlic**
- **1 tsp granulated onion**
- **1 tsp kosher salt**
- **1/2 tsp ground black pepper**
- **Ice cream scoop** (for uniform meatball shaping)

Instructions

1. **Preheat oven** to 325°F (163°C).
2. In a **large mixing bowl**, combine all ingredients. If using a stand mixer, set it to the **lowest speed** and mix for **15–20 seconds**—no longer, as overmixing can result in tough meatballs.
   - If mixing by hand, use your **less dominant hand** to avoid overworking the meat.

3. Using an **ice cream scoop**, portion out the meat mixture. Place each scoop in the palm of your hand and use the **thumb and forefinger of your opposite hand** to gently shape it into a ball with **two or three pinches**.

4. Roll the meatball **gently between your palms** no more than **five times** to maintain a light texture. Each meatball should weigh approximately **2 ounces**.

5. Arrange the meatballs on a **foil-lined baking sheet** coated with **non stick cooking spray**.

6. **Bake for 20 minutes**, or until the **internal temperature reaches 160°F (71°C)**.

7. Remove from the oven and let them rest for a few minutes before serving.

➡️ Spoon over some **homemade tomato sauce** and serve with my recipe for **homemade pasta** for the perfect Italian meal!