PORK AND BEEF MEATBALLS

A blend of lean pork and beef create the perfect flavor and texture for these Italian meatballs.





ILLINOIS FARM BUREAU®

SERVES 6-8 PEOPLE

INGREDIENTS

- 1 lb. lean ground beef (90-93% lean is recommended)
- 1 lb. lean ground pork
- 2 large eggs, at room temperature
- ¾ cup Italian style breadcrumbs
- ¼ cup shredded Parmesan cheese
- ½ large onion
- 2 Tbsp Italian seasoning mix
- 2 cloves garlic
- 2 tsp red pepper flakes, optional for added spice
- 1 Tbsp olive oil

DIRECTIONS

1. Preheat non-stick or cast-iron skillet over medium heat. Coat or spray bottom of pan with a thin layer of olive oil.
2. Combine all ingredients in a large bowl, mixing by hand until well combined.
3. Shape meat mixture into 2" meatballs.
4. Place in hot, seasoned skillet and cook for 3-4 minutes per side, covered, until meat thermometer reads internal temperature of 160° F.
5. Remove from skillet and let the meatballs rest for 5-10 minutes.
6. Serve meatballs on a bed of your favorite pasta, top with sauce, and enjoy!

