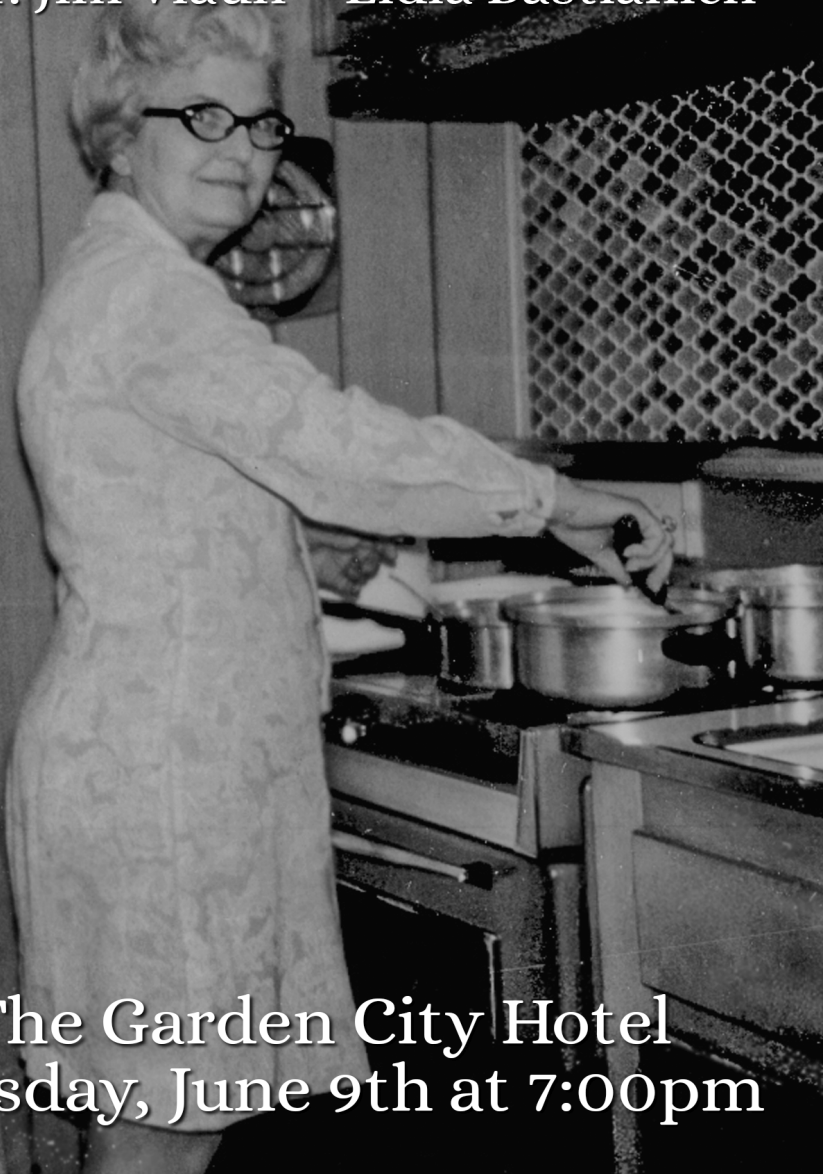


REAL FOOD LIVE

“Celebrating the Nonnas”

An Old-Fashioned Sunday Dinner

Msgr. Jim Vlaun ~ Lidia Bastianich



The Garden City Hotel
Tuesday, June 9th at 7:00pm

Monsignor Jim's Nonna DeSimone's Meatballs

INGREDIENTS:

- 1 cup Italian-seasoned bread crumbs
(Make your own, using your favorite spices)
- ¼ cup grated pecorino cheese
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- pinch of peperoncino
- ½ cup of water
- 2 eggs, beaten
- 1 ½ pounds of ground beef

DIRECTIONS:

1. Gather all ingredients and preheat oven to 350 degrees.
2. Mix bread crumbs, pecorino cheese, parsley, salt, pepper, garlic & onion powders, and peperoncino together in a large bowl; stir in water and eggs.
3. Add ground beef and mix until well combined.
4. Form mixture into balls and place on a nonstick baking sheet.
5. Bake in preheated oven cooked through and evenly browned, about 30 minutes.
6. Drop into your favorite Homemade Sauce!

