

# Aunt Vicki's Meatballs



## Ingredients

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3 pounds ground beef or ground chuck  
6 large eggs  
1/2 cups Italian bread crumbs  
1 ½ cups Parmesan cheese, grated (or  
Parmigiano Regianno cheese)  
1/2 large onion, chopped  
sprinkled parsley

See also [Tomato Sauce](#) Recipe

## Instructions

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1. Preheat oven to 450°F.
2. Layer a baking sheet with aluminum foil for easy cleanup of the fat drippings. Top with the raised wire rack.
3. In a large bowl, mix the ground meat with the eggs until combined.
4. Add the bread crumbs, parmesan cheese, and onion, then mix well again.
5. Make into 2-3 inch balls with your hands and compress. Place on top of the wire rack.
6. Sprinkle parsley on top and bake for 40 minutes in oven until browned.
7. Let cool for 15 minutes.
8. Enjoy with Tomato Sauce or Spaghetti.