

# Homemade Meatballs

These baked meatballs simmered in the best homemade marinara sauce are a comforting dinner recipe that tastes just like home.

PREP TIME: 20 mins   COOK TIME: 20 mins  
TOTAL TIME: 40 mins

COURSE: Dinner

CUISINE: American, Italian

KEYWORD: Meatball Recipe, Meatballs

SERVINGS: 6 servings   CALORIES: 352kcal

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## Ingredients

- 1 ½ pound ground meat (beef, pork, or a combination of both)
- 1 large egg
- ⅓ cup finely diced onion
- ¼ cup almond flour
- ¼ cup finely grated fresh parmesan
- 3 garlic cloves minced
- ¼ cup finely chopped fresh parsley
- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

## Optional Sauce

- marinara sauce

## Instructions

1. **Mix the ingredients.** Preheat the oven to 400°F (200°C) and line a rimmed baking sheet with parchment paper. In a medium bowl, combine the ground meat, egg, onion, almond flour, parmesan, parsley, garlic, Italian seasoning, salt, and pepper. Using your hands, mix the ingredients together until well combined (but don't over mix).
2. **Scoop and roll.** Measure out 1 ½ tablespoons of the mixture (or use a medium cookie scoop) and roll the mixture between your hands, forming about 30 meatballs.
3. **Bake until browned.** Place the meatballs on the prepared baking sheet and bake for 20 to 23 minutes, until lightly browned on the outside and just cooked through. If you'd like them more browned on the outside, turn on the top broiler in the last 2 to 3 minutes of baking.

4. **Serving ideas.** You can serve the meatballs with your favorite sauce, like marinara. Just heat the sauce in a pan on the stove and toss the meatballs in the sauce. Garnish with freshly chopped parsley.

### Notes

- I typically make my meatballs with 50/50 beef and pork, or 1 pound beef and ½ pound pork.
- The meatballs will naturally ooze a bit of fat while baking. Just scrape that off before serving. You can also bake them on a rack on top of the baking sheet, to let the fat drip below.

### Nutrition

Calories: 352kcal | Carbohydrates: 4g | Protein: 23g | Fat: 27g | Saturated Fat: 10g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 10g | Trans Fat: 1g | Cholesterol: 111mg | Sodium: 549mg | Potassium: 370mg | Fiber: 1g | Sugar: 1g | Vitamin A: 302IU | Vitamin C: 4mg | Calcium: 94mg | Iron: 3mg