



# FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

## MAIN DISHES | Italian Meatballs

---

1 lb ground beef or turkey

2 eggs

½ cup milk

½ cup Parmesan, grated

1 cup breadcrumbs

1 onion, diced

4 garlic cloves, minced

½ teaspoon Oregano

1 teaspoon salt

¼ cup Parsley

Preheat oven to 350 degrees.

In a small bowl, beat the eggs with milk. Set aside.

In a medium bowl, combine the meat with the breadcrumbs, onion, garlic, Oregano, salt, Parsley, and egg mixture.

Scoop out about 1 tbsp. of meat and roll into a ball and place on a cookie sheet.

Continue process until all meat has been used up and the cookie sheet is lined with meatballs.

Place cookie sheet into preheated oven and cook for about 30 minutes.

Remove from oven and use in spaghetti sauce or on a sandwich! Enjoy!