



Ingredients:

1 lb beef
2 ½ cups French bread (about ½ loaf) cut into ½” cubes -firmly packed
¾ cup milk
3 cloves garlic, minced (optional)
1 egg, beaten
¼ cup onion, finely chopped
¼ cup parsley, chopped
salt and pepper to taste

Directions:

Pour the milk into the measuring cup containing the bread and mash down with your fingers until it is fully saturated. The bread should now measure 1 cup. Mix all the ingredients together and shape into 30 meatballs.

Lightly spray a nonstick pan with vegetable oil.

Cook the meatballs for about 5-6 minutes (or until cooked through and nicely browned on the outside).