

Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love

Bubbie's PARMESAN MEATBALLS

Tender, flavorful meatballs made with Parmesan, garlic, and classic Italian flavors. Perfect for a family dinner, meal prep, or a smaller batch!

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	25 min	40 min	2–3 (about 12 meatballs)

INGREDIENTS

- 1 lb lean ground beef (85–90%)
- ½ cup freshly grated Parmesan cheese
- 6 tbsp Italian-style breadcrumbs
- 1 large egg
- 2 cloves garlic, minced
- ½ small onion, finely grated
- 1 tbsp chopped parsley (optional)
- ½ tsp dried basil (optional)
- ½ tsp dried oregano (optional)
- ½ tsp dried thyme (optional)
- ¼ tsp crushed rosemary (optional)
- ¼ tsp ground sage (optional)
- ¼ tsp smoked paprika (optional)
- Pinch (about ¼ tsp) ground ginger (optional)
- ½ tsp salt (or to taste)
- ¼ tsp black pepper (or to taste)
- 1 tbsp milk
- 1–2 tsp olive oil (if pan-searing)

INSTRUCTIONS

1. **Mix:** In a large bowl, combine ground beef, Parmesan cheese, breadcrumbs, egg, garlic, onion, and optional herbs and spices. Mix gently until just combined (don't overwork the meat). Form into about 12 meatballs (1½-inch each).
2. **Bake Method:** Preheat oven to 400°F (200°C). Place meatballs on a lined baking sheet. Bake for 18–20 minutes, until cooked through (160°F internal temp).
3. **Skillet Method:** Heat olive oil in a skillet over medium heat. Brown meatballs on all sides (6–8 minutes total). Add a splash of marinara (optional), cover, and simmer 8–10 minutes until fully cooked.
4. **Serve:** Toss with marinara or your favorite sauce and serve hot.

BUBBIE'S TIP

For extra flavor, add a splash of marinara and simmer the meatballs for a few minutes before serving. Fresh herbs make it your own!

OPTIONAL HERB ADDITIONS

- 1 tsp dried parsley or 2 tbsp fresh
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp dried sage
- Fresh herbs for garnish (optional)

SERVING IDEAS

- Toss with pasta and marinara sauce
- Serve over mashed potatoes
- Make meatball subs with mozzarella
- Serve with rice or cauliflower rice
- Enjoy with a side salad or roasted vegetables

SIMPLE INGREDIENTS | BOLD FLAVORS | EASY RECIPES | MADE WITH LOVE | FAMILY FAVORITE

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