

# Meatballs Every Kid Will Eat

INGREDIENTS – for 4 servings (twelve 2 ounce meatballs)

- 1 pound Ground Beef
- 1 Egg
- ½ teaspoon Garlic Powder
- ½ teaspoon Onion Powder
- 1 teaspoon Italian Herbs
- ½ teaspoon Pepper
- ½ teaspoon Salt
- ¼ cup Breadcrumbs
- ¼ cup Parmesan
- 3 tablespoons Water
- 1 jar of your favorite Spaghetti Sauce

Directions:

1. Preheat oven to 400 degrees.
2. Line a baking sheet or pan of your choice with raised sides with foil or parchment. Seriously - line your pan, it in no way affects the cooking but it will save you 20 minutes of clean up! Just throw that foil away when you are done.
3. Place the ground beef, egg, garlic powder, onion powder, Italian herbs, pepper, salt, breadcrumbs, Parmesan, and water in the bowl. No need to mix as you go, just get it all in there.
4. Mix together thoroughly (take off your rings and dig in here with your hands, you have to touch it to roll the meatballs anyway)
5. Form the mixture into nice balls by rolling in your palm (a ¼ cup measuring scoop loosely filled works well here and will give you 12 nice uniform sized meatballs, plus you already should have this out since you measured the cheese and breadcrumbs)

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## Meatballs Every Kid Will Eat continued

6. Place on the foil lined pan with a little space between the meatballs so they will cook nicely
7. Bake at 400 degrees until cooked through ( approximately 18 minutes)