

Italian Meatballs

with Garlic Linguine



Trisha's Dishes

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Serve these meatballs with my Fresh Tomato Marinara Sauce over yummy Garlic Linguine.

Servings: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 1 lb. lean ground beef
- ¼ cup olive oil - divided
- 1/3 cup onion, chopped fine
- 1/3 cup green bell pepper, chopped fine
- ½ teaspoon minced garlic
- ½ cup seasoned bread crumbs
- 1 teaspoon salt
- ¼ teaspoon seasoned pepper
- 1 egg, beaten

Tips: If you have time, chill before browning. The meatballs hold together nicely when cooked chilled.

Note: Toss the pasta in the oil mixture while the pasta is still hot.

Instructions:

1. Sauté in 1 tablespoon oil, onion & pepper until almost tender then add garlic & continue to sauté until the garlic is lightly browned & fragrant.
2. Mix ground beef & sautéed vegetables. Add bread crumbs & seasonings, mix well. Add egg & mix thoroughly.
3. Form mixture into 1" balls.
4. Brown meatballs in the remaining oil. Turn frequently. When the meatballs are browned on all sides cover with your favorite marinara sauce, cook slowly until flavors are blended & meatballs are fully cooked.

Serve over Garlic Linguine:

- ◇ For every ½ lb. of pasta heat until garlic sizzles (1 minute):
 - 3 tbs. olive oil
 - 2 tbs. minced garlic
 - ½ tsp. red pepper flakes

Toss the linguine with garlic oil & 3 tbs. shredded Parmesan. Enjoy!