

Monster Meat Ball



Serves

4

Ingredients

1-pd of organic ground Turkey or Beef
1-1/2 cups of Italian Bread crumbs or Gluten Free Panko
3 Garlic Coves
1/2 of medium sweet onion
[1 jar Singing Chef Tomato Basil sauce](#)
2-whole eggs beaten
1-tsp dried basil
2 tsp of Sea Salt
2-tsp of fresh ground black pepper
2-tsp of red pepper flakes
1/2 cup of Parmesan cheese
1/2 cup of Pecorino-Romano cheese
1/2 cup of Italian parsley, chopped

Preparation Instructions

In a large bowl, beat the eggs until mixed well. In a food processor, add the onion and garlic and pulse until finely chopped. Add to the mixing bowl. Add the breadcrumbs, chopped Italian parsley, Parmesan and Pecorino Romano cheese.

Add the ground Turkey or Beef. Add the sea salt, black pepper and red pepper flakes.

With a wooden spoon, mix all ingredients well until all combined. With your hands shape all into a

large ball, about the size of a soft ball. (you can also make about 12 smaller balls about the size of a golf ball)