

The Most Delicious Meatballs in the World!

from *LowCarbKaye.com*

Ingredients:

- 2 large eggs, lightly beaten
- 1 pound ground beef (80/20 preferably)
- 1 pound ground pork
- ½ cup grated (powdered/dry) Parmesan cheese
- ½ tablespoon red pepper flakes
- 2 teaspoons salt
- ½ teaspoon black pepper
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- ½ teaspoon nutmeg

Tools and Utensils:

- Baking dish (at least 9x9, 9x11 is preferable with tall sides) or broiler pan
- Measuring cup/spoons
- Large bowl + spoon for stirring
- Potato masher
- Large ice cream scoop or food scale for measuring out meatballs evenly

Instructions:

Preheat oven to 350°F (toaster oven 400°F). Line a 9×9-inch or 9×11-inch baking dish (with at least 2-inch-high sides) with foil. Or use a disposable aluminum pan. (I'm all about the easy cleanup, which is why I always line pans with foil or use disposable pans.)

In a large bowl, lightly beat eggs. Add all other ingredients. Using a potato masher, mix until all ingredients are just combined. Do not overwork this or the meatballs will come out tough. (I used the potato masher instead of my hands for two reasons: first, it's more sanitary; second, it keeps the ingredients colder, and thus the fats solid, until ready to form the meatballs.)

When combined, separate mixture into eight equally sized portions. A large ice cream scoop (one of the perfectly round ones) would be great for this, or measure them out by weight (approx. 4 ounces each—be sure to cover your scale with plastic wrap before weighing raw meat!). Again, be careful not to overwork the meat. These will be LARGE meatballs:

Place meatballs in pan as you finish forming them. It's okay if they fit tightly into the pan, they'll shrink up some as they cook. Just make sure it's a tall-sided baking dish, as they do release a lot of liquid as they cook. Or use a two-piece broiler pan.

Bake, uncovered, 40–50 minutes, or until juices run clear and tops are golden and crusty. There will be a lot of "juice" in the pan, so be very careful when removing it from the oven (this is why a wider pan would have been better for me—it would have allowed the juices to spread out more and for the meatballs to brown more around the sides).

Serve piping hot, topped with shredded Parmesan or your favorite spaghetti sauce, if desired.

Serving size: 2 meatballs
3g net carbs

