



GlutenFree Italian Meatballs

Savannah · 29/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

6

Description

I have to cook glutenfree for some family members who love Italian food but cannot tolerate the gluten I have revamped my recipes so they can enjoy good food with the rest of the family Even if you are not GF you will still enjoy these meatballs They are delicious

Ingredients

- - ½ cup milk - 1 egg - 1 cup gluten-free Italian bread crumbs - 1 ½ pounds ground beef - ¼ onion
- minced - 1 clove garlic
- minced (Optional) - 1 sprig fresh parsley
- chopped - cooking spray - 1 (28 ounce) jar tomato sauce
- or as needed

Instructions

1. Beat milk and egg together in a large bowl. Mix bread crumbs in until a paste forms. Add ground beef
2. onion
3. garlic
4. and parsley
5. and mix with your hands until just combined. Preheat the oven to 350 degrees F (175 degrees C). Coat a baking sheet with cooking spray. Measure meatballs using an ice cream scoop. Roll balls with dampened hands and place on the prepared baking sheet Bake in the preheated oven until meatballs are no longer pink in the center and an instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C)
6. about 30 minutes. While meatballs bake
7. heat tomato sauce in saucepan over medium heat. Add baked meatballs to the sauce and simmer
8. uncovered
9. for 30 minutes. Cook's Note You can use water in place of milk
10. if you prefer. You can bake these meatballs
11. which I always do because it is easier for me
12. or if you prefer
13. you can fry them for a more authentic Italian meatball. I serve these with sauce and grated cheese
14. sometimes with GF pasta
15. or just GF rice with tomato sauce. Mangia!