

Baked Meatballs

Recipe by: Cooks Illustrated Jan/Feb 2009, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
1 pound	meatloaf mix	
1/4 cup	heavy cream	
1	egg	beaten
2 slices	white bread	crusts removed and torn into chunks
1 teaspoon	onion powder	
1/8 teaspoon	ground allspice	
1/8 teaspoon	ground nutmeg	
1/8 teaspoon	pepper	
1 teaspoon	brown sugar	
1 teaspoon	baking powder	
1 teaspoon	salt	

- preheat oven to 400
- mix heavy cream, egg, and bread in a large bowl to form a paste
- add meatloaf mix, onion, allspice, nutmeg, pepper, brown sugar, salt, and baking powder, mixing with hand until well combined
- using a #70 cookie scoop or tablespoon, form meatballs onto tray (makes 40-50 small meatballs)
- bake 20-30 minutes until browned

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- *note:* spices listed are for Swedish meatballs. It also works well for German meatballs. If you want other meatballs, consider omitting brown sugar and use different spices
 - *note:* you can use 1/2 pound each lean ground pork and lean hamburger instead of the meatloaf mix
 - *note:* these freeze well for up to 6 months