

# *Meatballs*



## *Ingredients*

2 ½ lbs Ground Beef	¼ Cup Ketchup
1 Medium Onion Finely Chopped	1 Tbsp Salt or Seasoned Salt
3 Cups Breadcrumbs	1 tsp Mixed Herbs
1 tsp Minced Garlic	Ground Pepper to taste
2 Eggs	¼ Cup Shredded Cheese
½ tsp Mustard Powder	

## *Directions*

Preheat oven to 375°F.

In a large mixing bowl combine all the ingredients and mix with hands until thoroughly blended together.

Scoop out meat with a #40 scoop and roll by hand into balls. Place in a lightly sprayed 9 x 13 casserole dish (Will fit 40).

Bake in oven for 35-45 minutes until cooked through. Can be covered with BBQ sauce about half way through cooking if desired.

## *Notes*

Makes about 50 meatballs using a #40 scoop.

To freeze raw meatballs to bake in the future, make into balls as directed and place on a sheet pan lined with wax paper. Freeze until solid, then place in plastic zip freezer bags. Then remove desired number of meatballs. Can be cooked from frozen, but increase cooking time to about an hour.

