

~Finding Philothea~

Make-Ahead Meatballs

Yield roughly 50 meatballs (about 7 servings)

Ingredients

2.5 pounds ground chuck beef
2 tablespoons fresh parsley, minced
2 garlic cloves, minced
3/4 cup [breadcrumbs](#)
2 tablespoons freshly grated parmesan cheese
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 large eggs, preferably organic
1 tablespoon mustard (we use [this kind](#))
1 teaspoon worcestershire sauce
1/2 cup heavy cream

Preparation

1. Turn on [grill](#) to obtain temperature of 450 degrees Fahrenheit.
2. Combine all ingredients in a six quart bowl.
3. Using your hands, blend ingredients together.
4. Scoop out 1 tablespoon portions of the meat mixture and form into balls.
5. Working in batches, place meatballs on grill.
6. Cook meatballs, turning them occasionally to brown all sides, about 5-7 minutes total.
7. Place cooked meatballs in freezer for 30 minutes on a baking sheet lined with parchment paper.
8. Remove frozen meatballs from freezer and divide them into freezer bags, returning them to the freezer.
9. To prepare for a meal, lower frozen meatballs into simmering sauce and cook for fifteen minutes. Serve alone or with pasta. These meatballs last in freezer for six months.

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