

ITALIAN MEATBALLS

Ingredients:

Serves 3-4

- 2 pounds ground beef
- 2 eggs
- 1/2 cup gluten-free bread crumbs
(I use Glutino – you can also mash up
gluten-free rice cereal and use that)
- 1 yellow onion, sliced thin
- 3-5 cloves garlic
- 2 tablespoons mixed herbs (rosemary, basil,
thyme, parsley)
- 1 jar of your favorite pasta sauce (I use Paul Newman's Tomato Basil)
- 6-8 slices fresh Mozzarella
- 1/2 cup grated Parmesan.



Directions:

Heat the oven to 300 degrees.

Mix the beef, eggs, GF bread crumbs, and herbs in a bowl. Roll the mixture into six to eight "large" balls (depending on how many you are serving).

Lay a 15 x 10 cookie sheet or 9 x 13 pan with foil.

Pour half of the pasta sauce onto the foil. Lay the onions on the sauce. Add the cloves of garlic.

Place the beef balls on the sauce. Top each with a slice of Mozzarella. Seal the foil.

Bake for 60-90 minutes in a slow oven.

Set out three to four plates. Divide the remaining sauce among them. Place two meatballs in each serving. serving. Sprinkle with Parmesan.



Daryl Wood Gerber

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