

RECIPE: Freezer Meatballs

Number of Servings:

	4		8		12		16	
	Single		x2		x3		x4	
Ingredients:								
ground beef	1	pound	2	pounds	3	pounds	4	pounds
dry bread crumbs	1/2	cup	1	cup	1 1/2	cups	2	cups
milk	1/4	cup	1/ 2	cup	3/ 4	cup	1	cup
salt	3/4	teaspoon	1 1/2	teaspoons	2 1/4	teaspoons	3	teaspoons
Worcestershire sauce	1/2	teaspoon	1	teaspoon	1 1/2	teaspoons	2	teaspoons
black pepper	1/4	teaspoon	1/ 2	teaspoon	1	teaspoon	1 1/2	teaspoon
onion, finely chopped	1/2	cup	1	cup	1 1/2	cups	2	cups
egg, beaten	1		2		3		4	
garlic powder	1	teaspoon	2	teaspoons	3	teaspoons	4	teaspoons

Directions: Combine all ingredients; shape into 1 1/2 inch meatballs. To bake: place in an ungreased 13 x 9 baking pan. Bake uncovered in 400°F degree oven until done and light brown, 20 - 25 minutes. To pan fry, cook over medium heat, turning occasionally until brown about 20 minutes. After draining off grease and cooling, they can then be flash frozen on cookie sheets until frozen. After freezing, divide into freezer bags or containers for use in recipes. To lower fat content, ground turkey or chicken can be used for about 1/2 of the ground beef.

Meatballs can also be frozen without baking. Flash freeze until frozen on baking sheet then transfer to freezer bags or containers. To use, cook from frozen state for best results.