Easy Homemade Meatballs

Makes 4 Servings

Preparation: 15 mins , Cook Time: 10 mins

Yield: 16 meatballs

1/2 pound ground meat
1 egg
1/4 cup milk add more 1 tablespoon at a time if needed
1/4 cup bread crumbs or about 8 crushed saltines
1/2 teaspoon garlic salt
1/2 teaspoon onion powder

1/4 teaspoon black pepper

1/2 package pasta
enough water to cover noodles

1 cup prepared pasta sauce

Preheat oven to 450 degrees F. Line a rimmed baking sheet with foil or parchment paper and set aside.

Place all ingredients into a large bowl and gently mix together with your hands, careful not to over-mix. Just squish it all together a few times to combine.

Using a cookie scoop, a tablespoon or your hands, divide meat mixture into tablespoon sized meatballs. As long as they are uniform, they will cook evenly. The smaller they are, the quicker they cook.

Bake in the preheated oven for 10-14 minutes, depending on the size (less time for smaller sized, more time if they are larger) Be sure to check for doneness, use a thermometer to see if they have reached 155 degrees.

Serve hot with your favorite sauce.

For PASTA:

Boil a pot half full of water. Once the water is boiling, add pasta slowly to keep water a boil.
Boil pasta with the lid off for about 10 minutes, or check a few noodles for Al Dente.
Drain water from pasta using a colander.
Return to pan and add sauce, tossing to coat