

## **FREEZER MEATBALLS**

*(Heather)*

1 pound ground beef

1 egg

1 Tbsp. milk

1/2 cup breadcrumbs (to make gluten-free use gluten-free oatmeal or crumbs made from gluten-free bread)

3 Tbsp. dried minced onion (or you can use 1/4-1/2 cup fresh minced onion)

1/2 tsp. salt

1/8 tsp. pepper

1/4 tsp. garlic powder

1 Tbsp. Worcestershire sauce

Combine all ingredients in a large bowl and mix. This is usually best done with your hands. I often make 3-5 pounds of meat at once, just multiplying each ingredient by whatever number of pounds of ground beef I have.

Line baking sheets with foil and place meatballs on top. I use a cookie scoop to scoop out one to one and a half inch meatballs. Bake the meatballs at 350F for about 15 minutes or until cooked through. Allow to cool. Freeze or enjoy right away.

I usually plan on a pound of ground beef per meatball meal for my family of 6.

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