

Grass Fed Beef Meatballs

Farmstead – Stephen Barber

- 2 1/2 lb Grass Fed Ground Beef
- 8 slices of torn white bread
- 3 beaten eggs
- 1/2 cup ketchup
- 1 1/2 cups of milk
- 1 cup grated Parmesan cheese
- 1 1/2 T chopped rosemary
- 1 1/2 T chopped oregano
- 1/4 cup chopped parsley stems
- 1/4 cup salt
- 1 tsp granulated garlic
- 1/4 tsp cayenne pepper
- 1/2 T of smoked paprika

Soak bread in milk for at least 30 minutes.

Mix all ingredients in a large bowl, cover and refrigerate until time to portion.

Portion to whatever size you want.

Sprinkle with oil and roast in a 500 degree oven until crisp on the outside and medium on the inside.