**Excellent Meatballs**

Extra-virgin olive oil

½ large onion, ¼” dice

Salt

1 clove garlic, smashed and chopped

Pinch crushed red pepper

1 lb. meatloaf mix (beef, pork, and veal)

1 large egg

½ cup grated parmesan cheese

2 tbsp. finely chopped fresh Italian parsley leaves

½ cup bread crumbs

¼ cup water

Preheat oven to 350\*F.

Coat a large saute pan with olive oil, add the onions and bring to a medium high heat. Season the onions generously with salt and cook for about 5-7 minutes.  The onions should be very soft and aromatic, but have no color.  Add the garlic and the crushed red pepper and saute for another 1-2 minutes.  Turn off heat and allow to cool.

In a large bowl, combine the meat, eggs, parmesan cheese, parsley, and bread crumbs.  It works well to squish the mixture with your hands.  Add the onion mixture and season generously with salt and squish some more.  Add the water and do one final really good squish. The mixture should be quite wet.

Brown the meatballs on all sides.  Place them on a cookie sheet and bake them in the preheated oven for about 15 minutes or until the meatballs are cooked all the way through.  If using right away, add them to your big pot of marinara sauce.