**Meatball Nirvana**

1 lb. extra lean ground beef                           ¾ tsp. crushed red pepper flakes

½ tsp. kosher salt                                            1 dash hot pepper sauce, or to taste

1 small onion, diced                                        1 ½ tbsp.. Worcestershire sauce

½ tsp. garlic salt                                              1/3 cup milk

1 ½ tsp. Italian seasoning                              ¼ cup grated parmesan cheese

¾ tsp. dried oregano                                       ½ cup seasoned breadcrumbs

Preheat oven to 400\*F.

Place the beef into a mixing bowl and season with salt, onion, garlic salt, Italian seasoning, oregano, red pepper flakes, hot pepper sauce, and Worcestershire sauce; mix well.  Add the milk, parmesan cheese, and bread crumbs.  Mix until evenly blended, then form into 1 ½” meatballs and place onto a baking sheet.

Bake in preheated oven until no longer pink in the center, 20-25 minutes.