**Vincent’s Favorite Meatballs by Breanna Sawatzky**

Ingredients:

1 lb lean ground beef (not extra lean)

¼ cup bread crumbs

¼ cup grated parmesan or pecorino romano cheese

1 egg, beaten

2 Tbsp parsley, finely chopped

1/3 cup warm milk

½ tsp sea salt

¼ tsp black pepper

2 Tbsp olive oil

500 ml marinara sauce (homemade or store bought)

Instructions:

* Preheat oven to 400 degrees F.
* Line baking sheet with parchment.
* In a medium sized bowl, with your hands, gently mix beef, bread crumbs, cheese, egg, parsley, milk, salt and pepper.
* Form into ten balls and place on lined baking sheet. Brush with olive oil.
* Roast in the oven for 20 minutes.
* Heat marinara in a pan over medium heat until simmering. Add meatballs and simmer 10 minutes.
* Serve with spaghetti and some more grated cheese.