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Italian Meatball Burgers

INGREDIENTS

- 1 1/2 lb ground meatloaf mix (beef, pork, veal)
- 2 eggs, lightly beaten
- 1 1/2 cup fresh breadcrumbs (from day-old bread)
- 1/2 cup milk
- 3/4 cup grated cheese
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Pepper to taste
- Chopped fresh parsley, optional
- For serving:
- 6 Toasted Italian or Portuguese rolls
- Tomato sauce and grated Parmesan to taste

DIRECTIONS

- Place ground meat in a large bowl.
- Add the lightly beaten eggs and stir.
- Soak breadcrumbs in milk in another bowl.
- When saturated, remove soaked crumbs and squeeze excess liquid out.
- Add them to the meat and egg mix.
- Add grated cheese, garlic powder, salt and pepper.
- If using parsley, add it now.
- Using your clean hands or a fork, mix ingredients well.
- Divide mix into 6 equal portions.



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DIRECTIONS (CONT.)

- Grease your hands with a little olive oil.
- Shape each portion into a burger and set aside on a platter.
- Refrigerate until ready to serve.
- Meatball burgers can be grilled or pan fried just like regular burgers.
- Serve each on a toasted roll and top with a little tomato sauce and grated cheese.
- Makes 6 servings.

Meatball Burgers continued...

NONNA'S TIPS

Do not overwork the meat mixture or the process will toughen the end product (it applies to meatballs as well).

I recommend either Italian or Portuguese rolls because of the texture and flavor of the bread, which complements the meatball mix very well.

Get creative with toppings! I like adding some sautéed broccoli rabe, sautéed mushrooms or a few fries (for the kids) but you can add anything you like! That said, I do not recommend vinegar products if you're adding tomato sauce because the flavors do not get along well.