Three-Ingredient Meatballs

INGREDIENTS:

1 pound ground beef (or a mix of beef and pork for added flavor)

½ cup breadcrumbs

¼ cup grated Parmesan cheese

Salt and pepper to taste (optional)

Fresh parsley, chopped (optional, for garnish)r

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).

2. In a large mixing bowl, combine the ground beef, breadcrumbs, and grated Parmesan cheese. Mix the ingredients together thoroughly. Season with salt and pepper if desired.

3. Take small portions of the mixture and roll them into meatballs. Place the formed meatballs on a baking sheet lined with parchment paper, ensuring they are evenly spaced.

4. Bake the meatballs in the preheated oven for approximately 20-25 minutes, or until they are cooked through and have a golden-brown exterior.

5. You can check for doneness by cutting one meatball open to ensure it's cooked through, or use a meat thermometer to ensure the internal temperature reaches 160°F (71°C).

6. Enjoy!