



# Rocco DiSpirito's Mama's Meat Balls

## INGREDIENTS

1/3 cup chicken stock

1/4 yellow onion

1 clove garlic

1/4 cup fresh Italian flat-leaf parsley,  
chopped fine

1/2 pound ground beef

1/2 pound ground pork

1/2 pound ground veal

1/3 cup plain bread crumbs

2 eggs

1/4 cup Parmigiano-Reggiano, grated

1 teaspoon red pepper flakes

1 teaspoon salt

3-6 cups of [Mama's Marinara](#)  
or your favorite marinara sauce

1/4 cup extra-virgin olive oil

## PREPARATION

1. Place the chicken stock, onion, garlic, and parsley in a blender or food processor and puree.
2. In a large bowl, combine the pureed stock mix, meat, bread crumbs, eggs, Parmigiano-Reggiano, red pepper flakes, parsley, and salt. Combine with both hands until mixture is uniform. Do not overmix.
3. Put a little olive oil on your hands and form mixture into balls a little larger than golf balls. They should be about 1/4 cup each, though if you prefer bigger or smaller, it will only affect the browning time.
4. Pour about a half-inch of extra-virgin olive oil into a straight-sided, 10-inch-wide sauté pan and heat over medium-high flame. Add the meatballs to the pan (working in batches if necessary) and brown meatballs, turning once. This will take about 10-15 minutes.
5. While the meatballs are browning, heat the marinara sauce in a stockpot over medium heat. Lift the meatballs out of the sauté pan with a slotted spoon and put them in the marinara sauce. Stir gently. Simmer for one hour.
6. Serve with a little extra Parmigiano-Reggiano sprinkled on top. Serve alone or over spaghetti (in which case, you will need 6 cups of marinara).