



Long Livo

Baked Meatball Parmesan: Easy Family-Friendly Recipe

15 min
Prep time

4
Servings

30 min
Cook time

Easy
Difficulty

45 min
Total time

Italian
Cuisine

Ingredients

Meatballs

- ☐ 1 lb ground beef (80/20)
- ☐ 1/2 cup breadcrumbs
- ☐ 1/4 cup grated Parmesan cheese
- ☐ 1 egg
- ☐ 2 tbsp fresh parsley, chopped
- ☐ 1 tsp Italian seasoning
- ☐ Salt and black pepper to taste

Sauce & Topping

- ☐ 2 cups marinara sauce
- ☐ 1 cup shredded mozzarella cheese
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 2 cloves garlic, minced
- ☐ 1 tsp lemon zest
- ☐ 2 tbsp olive oil

Optional Add-ins

- ☐ 1/2 cup sliced mushrooms
- ☐ 1/4 cup chopped fresh basil

Instructions

- 1 Preheat the oven to 400°F (200°C). In a bowl, combine ground beef, breadcrumbs, Parmesan, egg, parsley, seasoning, salt, and pepper; mix gently.
- 2 Shape the mixture into golf-ball sized meatballs and place them on a parchment-lined baking sheet.
- 3 Drizzle olive oil over the meatballs, then bake for 12-15 minutes until lightly browned.
- 4 Meanwhile, simmer marinara sauce with minced garlic and lemon zest in a saucepan; add sliced mushrooms if using.
- 5 Remove meatballs, spoon sauce over them, sprinkle mozzarella and additional Parmesan; return to oven and bake 8-10 minutes until cheese bubbles and turns golden.
- 6 Garnish with fresh basil and serve hot, perhaps alongside a simple pasta or crusty bread.

Nutrition per serving

420 kcal
Calories

31 g
Protein

18 g
Carbs

22 g
Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes to the sauce.
- For extra crispness, broil the final minute, watching closely.
- Leftovers reheat gently on the stovetop with a splash of water to loosen the sauce.