Ingredients

1 pound lean ground round
1 pound sweet Italian sausage
2 eggs
½ cup pureed onion
¼ cup pureed garlic

Not quite a cup of each of the following
    Grated parmesan cheese
    Plain bread crumbs
    Dried parsley
Salt and pepper to taste

What To Do:

Preheat oven to 350-degrees.

Mix all ingredients together lightly, and form into meatballs, should make roughly 1 ½ dozen to 2 dozen. Bake until slightly brown. At this point you can freeze for future use, or simmer in some red sauce. If frozen, do not thaw in microwave. Allow to come to room temperature before using.