

Pork Meatballs

Prep Time 10 minutes ~ Cook Time 15 minutes ~ Total Time 25 minutes



Ingredients

- 1 lb. ground pork
- 1 teaspoons kosher salt (not fine salt)
- ¼ teaspoon black pepper
- 1 teaspoons onion powder
- 1 teaspoons garlic powder
- 1 teaspoons sweet paprika (or smoked paprika or chili powder)
- ½ teaspoons dried thyme
- ½ teaspoon coriander (or dried oregano or dried thyme)
- ½ teaspoon ground cumin
- Optional: Add ⅛ cup fresh herbs like cilantro or parsley, or add moisture to the meatballs by adding a ½ tablespoon of mayonnaise or sour cream to the mixture. If you do this, the mixture might become a bit sticky. Simply use moistened hands to form the meatballs.

Instructions

1. Preheat your oven to 400 degrees F. Line a large rimmed baking sheet with parchment paper.
2. In a large bowl, use your clean hands to mix together all the ingredients.
3. Shape the mixture into 16 meatballs, each weighing about 1 oz (30 grams). It's easier to shape the meatballs if your hands are wet.
4. Arrange the meatballs in a single layer on the prepared baking sheet.
5. Bake them until browned and cooked through, about 15 minutes.

Nutrition: Serving: 4 meatballs | Calories: 298kcal | Protein: 19g | Fat: 24g | Sodium: 343mg

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GREAT FOR LUNCH OR SUPPER

- Serve with potatoes and a green salad
- Add to butter noodles and serve with fresh or canned vegetables
- Put on a hoagie bun, add marinara sauce, and serve with coleslaw