



THE ingles TABLE

Mark Keady

Italian Sausage Meatball

Ingredients

- 1 pkg (16oz) Laura Lynn Italian Sausages (Hot or Mild)
- 1 jar of your favorite marinara sauce or premium pasta sauce (I used Dellalo Creamy Vodka)
- 1/2 cup shredded mozzarella cheese.

- Shredded or grated Parmesean cheese.
- Garlic bread of your choice
- Mixed greens salad bag



Directions

Preheat oven to 425F. Using scissors, cut the casings off of the sausages and mix the sausage together by hand. Separate into four 1/4 lb meatballs. Place into a glass baking dish and cover. Place in oven for 15 minutes. Remove from oven, turn meatballs, and empty 2/3rd of the pasta sauce on top of the meatballs. Add mozzarella cheese, cover and return to the oven for another 15 minutes until internal temperature reaches 165 degrees Fahrenheit.

Serve one meatball in a bowl covered in 1/2 cup of sauce and topped with parmesan. Serve with salad and garlic toast.