

Easy Homemade Beef Meatballs - Juicy Every Time!

What I love most about these meatballs is their



OVEN
375°F

TIME
4 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

450g ground beef (preferably 80% lean for juiciness)
... cup breadcrumbs (fresh or panko)
... cup grated Parmesan cheese (optional) ?
... cup milk
1 large egg
2 cloves garlic, minced ?
‰ tsp dried oregano
‰ tsp dried basil
Salt and pepper, to taste
2 tbsp olive oil, for frying

DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or foil for easy cleanup.
- 2.** Mix the Ingredients: In a large bowl, combine:
- 3.** Ground beef
- 4.** Breadcrumbs
- 5.** Parmesan (if using)
- 6.** Milk
- 7.** Egg
- 8.** Garlic
- 9.** Oregano
- 10.** Basil
- 11.** Salt & pepper
- 12.** Mix gently using your hands or a spoon until just combined. Avoid overmixing to keep the meatballs tender.
- 13.** Form the Meatballs: Roll the mixture into 1 to 1.5-inch meatballs and place them on your prepared baking sheet.
- 14.** Pan-Sear for Flavor: Heat olive oil in a large skillet over medium heat. Add meatballs in batches and sear for 3-4 minutes per side until browned. Transfer browned meatballs back to the baking sheet.
- 15.** Bake Until Done: Bake meatballs in the oven for 15-20 minutes, or until their internal temperature reaches 160°F (71°C).
- 16.** Serve & Enjoy: Serve your meatballs hot with your favorite sauce, over pasta, in a sub, or with mashed potatoes.

SWAPS & NOTES

& Swaps Ground beef: 80/20 lean-to-fat ratio gives the best moisture and flavor.

Breadcrumbs: Use panko for a light texture or fresh for traditional binding.

Parmesan: Optional, but adds great umami depth-especially for Italian-style meals.

Milk: Helps moisten the breadcrumbs and keeps the meatballs from drying out.

TIPS FOR SUCCESS

Use a cookie scoop for evenly sized meatballs.

Don't pack them too tight -lightly formed meatballs stay tender.

Cook in batches while pan-searing so they brown properly, not steam.

Add a splash of beef broth or marinara in the pan before baking for extra moisture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-homemade-beef-meatballs-juicy-every-time/>