### Ingredients
- 1 lb. 80-90% lean ground beef*
- 1 lb. ground country style or Italian seasoned pork sausage*
- 1 c. Italian style bread crumbs
- 2 eggs
- 1/4 ketchup
- 2 tsp. mustard
- 1 tsp. Italian seasoning
- 1 tbsp. dried chopped onion, or 1/4 c. fresh chopped onion
- 1/2 c. half and half (or real cream)
- 1 tsp. minced garlic
- 1/8 tsp. black pepper
- 1/2 tsp. salt

Optional: 1 tbsp. soy sauce. Worcestershire sauce or 1 tbsp. *You may substitute ground turkey for the beef or pork but you may have to add more liquid as well.

### Directions
Place all ingredients except the meat in a large bowl and mix until it is a batter like consistency. Add meat and mix well, using your hands. With a small scoop, form meatballs and place on a cookie sheet sprayed with cooking spray. For cocktail meatballs or to use in spaghetti, make them about 1 in. diameter. For meatball subs or for meatballs potatoes and gravy, make them about golf ball size. The 2 lbs. of meat should make 28-30 of the larger size meatballs. Bake them at 350 F. for about 40 minutes, or 375 for 25-30 minutes. They will be a nice browned color on all sides.