FREEZER MEATBALLS

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ONE BATCH EQUALS 6 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Beef, lean ground	1 2/3 pounds	3 1/3 pounds	5 pounds	6 2/3 pounds
Soft Bread Crumbs, gluten & dairy free (if using crumbs, add 1/2 cup gluten & dairy free milk substitute per batch)	3/4 cups plus 4 teaspoons	1 2/3 cups	2 1/2 cups	3 1/3 cups
Eggs, large	2	4	6	8
Onion, minced	3 1/3 tablespoons	6 2/3 tablespoons	10 tablespoons	13 1/3 tablespoons
Garlic, minced	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons
Salt	3/4 teaspoons	1 1/2 teaspoons	2 1/2 teaspoons	3 1/3 teaspoons
Black Pepper, ground	1/3 teaspoons	2/3 teaspoons	1 teaspoons	1 1/3 teaspoons

Preheat oven to 400.

In a large bowl, mix beef, crumbs, eggs, onion, garlic, salt and pepper. Shape into 1 to 1 1/2-inch meatballs. (I use a small scoop to make fast work of shaping.)

Put racks (I use cooling racks for baked goods) onto 10-by-15-inch jelly roll pans. Put meatballs on rack before baking in preheated oven until meat is browned, with no trace of pink and juices run clear, 10 to 13 minutes. Cook the remainder of the meatballs the same way.

Drain, let cool to room temperature, divide into one freezer bag per batch (you will get 6-8 servings per freezer bag), removing as much air as possible and seal. Be sure to label the bag before putting in the freezer with contents of the bag and the date!