

EVERYTHING  
HERBAL



by  
Cheryl Jabz



# Cheryl's HERBAL PARMESAN MEATBALLS



Tender • Flavorful • Made with Herbs

A smaller batch of tender Herbal Parmesan Meatballs—perfect for 2–3 servings, meal prep, or a lighter dinner. Still packed with garlic, Parmesan, and classic Italian herbs.



**PREP TIME:**  
15 minutes



**COOK TIME:**  
25 minutes



**TOTAL TIME:**  
40 minutes



**SERVINGS:**  
3 (about 12 meatballs)

## INGREDIENTS

- 1 lb lean ground beef (85–90%)
- ½ cup freshly grated Parmesan cheese
- 6 tbsp Italian-style breadcrumbs
- 1 large egg
- 2 cloves garlic, minced
- ½ small onion, finely grated
- 1 tbsp chopped fresh parsley (or 1 tsp dried)
- ½ tsp dried basil & ½ tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp crushed rosemary & ¼ tsp ground sage
- ¼ tsp smoked paprika
- Pinch (about ¼ tsp) ground ginger (optional)
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp milk
- 1–2 tsp olive oil (if pan-searing)

*Great over pasta, with mashed potatoes, in subs, or served with veggies! ♥*

## INSTRUCTIONS



### MIX

In a bowl, combine all ingredients. Mix gently until just combined (don't overwork the meat). Form into about 12 meatballs (1½-inch each).



### BAKE METHOD

Preheat oven to 400°F (200°C). Place meatballs on a lined baking sheet. Bake for 18–20 minutes, until cooked through (160°F internal temp).



### SKILLET METHOD

Heat olive oil in a skillet over medium heat. Brown meatballs on all sides (6–8 minutes total). Add a splash of marinara (optional), cover, and simmer 8–10 minutes until fully cooked.



### QUICK SERVING IDEAS

Toss with 1 cup marinara and serve over pasta. Serve with mashed potatoes and green beans. Make mini meatball subs with mozzarella. Serve over rice or cauliflower rice.

## HERBS & THEIR BENEFITS

### BASIL

Rich in antioxidants and adds classic Italian flavor.



### OREGANO

Supports immune health and adds a bold, earthy taste.



### THYME

Provides flavor and beneficial plant compounds.



### ROSEMARY

Contains antioxidants and adds a savory aroma.



### GARLIC

Supports heart health and contains natural sulfur compounds.



Made with love  
in Cheryl's  
Kitchen ♥

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by Cheryl Jabz

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