



Recipes by Peter

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### **Mozzarella Stuffed Smoked Meatballs**

#### **Ingredients:**

#### **For the meatballs:**

- 1 lb (450g) ground beef (80/20 preferred)
- 1lb (450g) Mild Italian Sausage
- 1/4 cup breadcrumbs (Italian-style or panko)
- 1/4 cup milk
- 1 large egg
- 3 garlic cloves, minced
- ½ large bell pepper – diced finely
- 2 tbsp grated Parmesan cheese

- 1 tsp salt
- 1 tsp dried herbs (your choice)
- ½ tsp pepper
- 1 tsp Italian seasonings
- ½ tsp crushed red pepper flakes (optional)
- 2 mozzarella sticks cut into 16 small cubes of mozzarella cheese (use low-moisture mozzarella sticks cut into 8 pieces each)

**Prep the filling:**

- Cut mozzarella sticks into ½-inch cubes.

**2. Mix the meatball base:**

- In a small bowl, soak the breadcrumbs in milk for 5 minutes.
- In a large bowl add beef, pork, egg, garlic, Parmesan, parsley, salt, pepper, Italian seasonings, and red pepper flakes. Add the breadcrumbs, bell pepper.
- Mix gently by hand until just combined. Do **not overmix**, or the meatballs will be tough.

**3. Shape and stuff:**

- I use an ice cream scoop to help me keep the meatballs the same size.
- Press a cube of mozzarella into the center of a formed meatball and wrap the meat around it to seal completely.
- Repeat for all meatballs (about 16).

**4. Smoke (optional) and bake the meatballs:**

- 350 degrees for about 16 minutes. Using a thermometer meatballs should be at least 160 degrees.

**5. Make the sauce:**

- I use Rao's. If you want to make your own sauce, feel free.

**6.** Once meatballs are cooked prepare as I have shown in the video. Use as an appetizer, sandwich or with pasta.