Cheese-Stuffed Meatballs in Marinara Sauce

Introduction

Cheese-Stuffed Meatballs in Marinara Sauce are a delightful combination of rich, savory flavors that make for the perfect comfort food. Each meatball is not only packed with ground beef and herbs but surprises you with a gooey mozzarella center that melts beautifully when cooked. Paired with marinara sauce, this dish can be served over pasta, in a sub sandwich, or even enjoyed on its own. Whether you're hosting a dinner party or just looking for a cozy meal at home, these cheesy meatballs are sure to impress your family and friends.

Detailed Ingredients

Ground beef: 1 lb.
Breadcrumbs: 1/2 cup.
Parmesan cheese (grated): 1/4 cup.
Egg: 1.
Garlic cloves (minced): 2.
Italian seasoning: 1 tsp.
Salt and pepper: to taste.
Mozzarella cubes (about 1-inch each): 8 small.
Fresh parsley (chopped, for garnish): 2 tbsp.

Marinara sauce: 2 cups (store-bought or homemade).
Olive oil: 1 tbsp.
Red pepper flakes (optional): 1/2 tsp.

Prep Time

Prep Time: 15 mins

Cook Time, Total Time, Yield

Cook Time: 25 mins
Total Time: 40 mins
Yield: 4 servings
Calories: 450 kcal per serving

Detailed Directions and Instructions

Make the meatball mixture

In a large bowl, combine the ground beef, breadcrumbs, Parmesan cheese, egg, minced garlic, Italian seasoning, salt, and pepper. Use

your hands or a spoon to mix the ingredients thoroughly until well incorporated.

Stuff the meatballs

Take about 2 tablespoons of the meat mixture and flatten it in your palm. Place a small mozzarella cube in the center and carefully wrap the meat around it, forming a ball. Make sure the mozzarella is completely enclosed. Repeat this process with the remaining meat mixture and mozzarella cubes.

See also Bacon Apple Cheddar Dip

Sear the meatballs

Heat olive oil in a large skillet over medium heat. Once the oil is hot, add the meatballs to the skillet. Sear them for about 5–6 minutes, turning occasionally until they're browned on all sides. Once they are browned, remove them from the skillet and set aside.

Cook the marinara

In the same skillet, pour in the marinara sauce and add red pepper flakes if using. Stir to combine and bring the sauce to a gentle simmer. After a minute or two, return the seared meatballs to the skillet, submerging them into the marinara sauce. Cover the skillet and allow the meatballs to cook for about 15 minutes. This will ensure that the meatballs are cooked through and the cheese inside is melted.

Garnish and serve

Once cooked, sprinkle the meatballs with fresh chopped parsley for a burst of color and freshness. Serve the cheese-stuffed meatballs with extra marinara sauce, over spaghetti, or in a crusty sub roll. This dish is

not only satisfying but also visually appealing, making it perfect for any dining occasion.

Notes

For a healthier option, you can substitute ground turkey or chicken for the beef. If you want additional flavor, feel free to mix in some chopped onions or bell peppers into the meatball mixture. Adjust the seasoning to your preference, and if you enjoy a little heat, don't hesitate to increase the amount of red pepper flakes.

Cook techniques

Browning the meatballs before simmering them in the sauce is essential for flavor development. This technique locks in moisture and creates a delicious crust, adding depth to the overall dish. Simmering the meatballs in marinara not only keeps them moist but allows them to absorb the flavors of the sauce.

See also Pizza Tater Tot Casserole

FAQ

Can I make these meatballs ahead of time?

Absolutely! You can prepare the meatballs and refrigerate them prior to cooking. They can also be frozen for later use; just make sure to thaw them in the refrigerator overnight before cooking.

What can I serve with cheese-stuffed meatballs?

These meatballs pair wonderfully with pasta, but they can also be served as appetizers with toothpicks, stuffed into a hoagie roll for meatball subs, or on top of a bed of sautéed vegetables.

How do I know if the meatballs are cooked through?

The best way to ensure they are cooked to the right temperature is to use a meat thermometer; the internal temperature should reach 160°F (71°C). Additionally, when you cut a meatball in half, the meat should no longer be pink, and the cheese should be gooey.

Conclusion

Cheese-Stuffed Meatballs in Marinara Sauce combine the rich flavors of Italian cuisine into a warm, satisfying dish that's great for any occasion. The intersection of savory meat with oozing cheese creates a delightful experience for the palate. Whether you're cooking for your family or entertaining guests, this recipe is bound to be a hit. It's also versatile enough to adapt to different dietary needs or personal tastes, making it a true staple in any kitchen.

More recipes suggestions and combination

Cheesy Garlic Bread

Serve your meatballs with a side of cheesy garlic bread for a perfect combination. The crusty bread is wonderful for dipping into the marinara sauce.

Italian Salad

Prepare a refreshing Italian salad with romaine lettuce, cherry tomatoes, cucumbers, and olives tossed in a light vinaigrette to balance the richness of the meatballs.

Pasta Primavera

For a more complete meal, pair the meatballs with a vibrant pasta primavera. The fresh vegetables add color and crunch, complementing the soft texture of the meatballs perfectly.

Rice or Quinoa Bowl

For a lighter option, serve the meatballs over brown rice or quinoa. This adds a nutritious component and makes the meal even more filling.

Creamy Polenta

Try serving the meatballs over creamy polenta for a comforting yet sophisticated dish. The polenta will soak up the rich marinara sauce, making each bite delicious.