

The Meatball Recipe Book



**A Recipe to
the Good Life**



Old World Traditions, New World Creations

That's the motto dad gave Buona Vita when he started the company 30 years ago.

To stay true to his "grandma's style" of Italian cooking, he embraced new manufacturing methods, sought out the freshest ingredients and instilled the strictest quality control measures. And he always put the customer first without cutting corners—just onions.

We're America's #1 Italian food company specializing in meatballs. Whether it's beef, pork, chicken or turkey, we offer a range of meatballs that fit any palate. Either baked or flash-fried, our meatballs come in a variety of sizes and adhere to our high-quality standards.

Today, our family has maintained my father's vision of marrying old-school Italian cooking with innovative ideas and technology.

Here's to the good life.
Or as we say, Buona Vita!



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Baked Meatball Omelet

Buona Vita Meatballs, marinara, fresh vegetables, basil, and mozzarella cheese all whisked together with eggs and baked until tall and fluffy for an amazingly tender and extraordinarily flavorful omelet.

Serves: 4

Ingredients

1/2 lb.	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
1/4 cup	Onion, diced
1 Tbsp.	Garlic, chopped
2 Tbsp.	Green onion, diced
1/4 cup	Red pepper, diced
1 Tbsp.	Olive oil
8	Eggs
1 cup	Milk
1/2 cup	Cheddar, shredded
1/2 cup	Mozzarella, shredded
2 Tbsp.	Marinara sauce
1/2 tsp.	Salt

Cooks Tip:

Omelets are a great way to use up extra vegetables. Feel free to substitute for any combination of vegetables and execute the recipe in the same manner.

Directions:

1. Pre-heat oven to 350° degrees. Grease a 10x10 casserole dish and set aside.
2. In a small sauté pan over medium-high heat, cook onion, garlic, green onion, and red pepper with olive oil for 2-4 minutes just until aroma begins to develop.
3. In a bowl, beat together eggs and milk. Add in sautéed vegetables, cheese, marinara, and salt, then combine.
4. Arrange Buona Vita Meatballs evenly in casserole dish. Pour egg mixture over Buona Vita Meatballs and bake uncovered for 35-45 minutes or until eggs begin to brown and meatballs are heated through.
5. Let set for 3 minutes, then slice and serve.



All Buona Vita products are designed to be reheated to an internal temperature of 165° Fahrenheit prior to serving.

Italian Hash Browns

Garlic, onion, basil, and a hint of tomato are sautéed and mixed into crispy hash browned potatoes topped with Buona Vita Meatballs and finished with a fried egg.

Serves: 4

Ingredients

1/2 lb.	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
1 Tbsp.	Olive oil
1 1/2 Tbsp.	Garlic, chopped
1/2 cup	Onion, diced
1 pint	Cherry tomatoes, sliced in half
1 tsp.	Salt
1/2 tsp.	Black pepper, ground
1 bag	Hash brown potatoes, prepared according to package directions
4	Eggs, fried
6-8	Basil leaves, sliced thinly

Cooks Tip:

Extra hash browns? Mix day old hash browns with a bit of egg, stuff with a meatball, bread, and deep fry for a tasty day two treat.

Directions:

1. Add olive oil to a sauté pan over medium heat and sauté garlic and onion for 3-4 minutes until fragrant. Then add tomato, salt and pepper. Cook an additional 3 minutes and set aside.
2. Place hash browns in a large serving tray, garnish with sautéed tomato, onion, and garlic, top with Buona Vita Meatballs, and fried eggs. Finish with basil.



Pesto Meatball Benedict

with Roasted Red Pepper Hollandaise

Nutty and zesty almond pesto over toasted English muffins topped with poached eggs and Buona Vita Meatballs and topped with a rich roasted red pepper hollandaise.

Serves: 4

Ingredients

8	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
2 cups	Basil leaves, packed
1/4 cup	Almonds, toasted
1/2 cup	Parmesan cheese, grated
1/2 tsp.	Black pepper, ground
1 tsp.	Salt
2/3 cup	Extra virgin olive oil
1 package	Hollandaise sauce mix, prepared according to package directions
1/2 cup	Roasted red peppers, drained
8	English muffins, toasted
8	Eggs, poached
2 cloves	Garlic

Cooks Tip:

Traditionally, pesto is made with pine nuts. Here we used almonds, but no nut needs to be left behind when making pesto! Walnuts, pecans, hazelnuts, or any combination make for an innovative pesto packed with new flavor.

Directions:

1. In a food processor, combine basil, almonds, parmesan cheese, black pepper, salt, and half of the olive oil. Process until nearly smooth. Scrape down the sides with a spatula, add remaining olive oil, and continue to process until only small chunks remain. Adjust seasoning as desired. Set aside.
2. Puree warm hollandaise sauce with roasted red peppers and reserve, keeping warm.
3. Spread pesto on heel of each English muffin. Place a poached egg on each English muffin and top with a Buona Vita Meatball. Ladle red pepper hollandaise over each benedict.



Meatballs 'n' Waffle Sliders

Buona Vita Meatballs are sandwiched between sweet and savory bacon cheddar waffles, then drizzled with maple syrup.

Serves: 4

Ingredients

24	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
4 cups	Waffle batter, prepared according to package directions
2 cups	Cheddar, shredded
1/2 cup	Bacon, chopped fine
	Maple syrup
	Whipped butter
	Toothpicks

Directions:

1. Heat oven to 250° degrees and place a rack in the middle for keeping waffles warm.
2. Combine cheddar and 1/4 cup bacon with waffle batter.
3. Heat a waffle iron. Once hot, begin cooking waffles one at time adding 1 Tbsp. of the chopped bacon to the top of each waffle before closing the lid. Keep finished waffles warm the in preheated oven until all the waffles are made.
4. To prepare sliders, quarter each waffle and place a Buona Vita Meatball in the center of half of the quarters. Place a second, empty waffle quarter on top of the meatball, place a meatball on top of the second waffle, and secure the slider with a toothpick. Drizzle with maple syrup and serve with whipped butter.

Cooks Tip:

Looking for a heartier slider? Add bacon, scrambled egg, and a slice of your favorite cheese and serve as a sandwich!



Citrus Glazed Meatballs

with Feta, Mint, and Garlic Flatbread

A glaze of citrus juices coats Buona Vita Meatballs sliced in half and cooked on an herbed garlic oil flatbread with feta cheese and finished with fresh mint.

Serves: 4

Ingredients

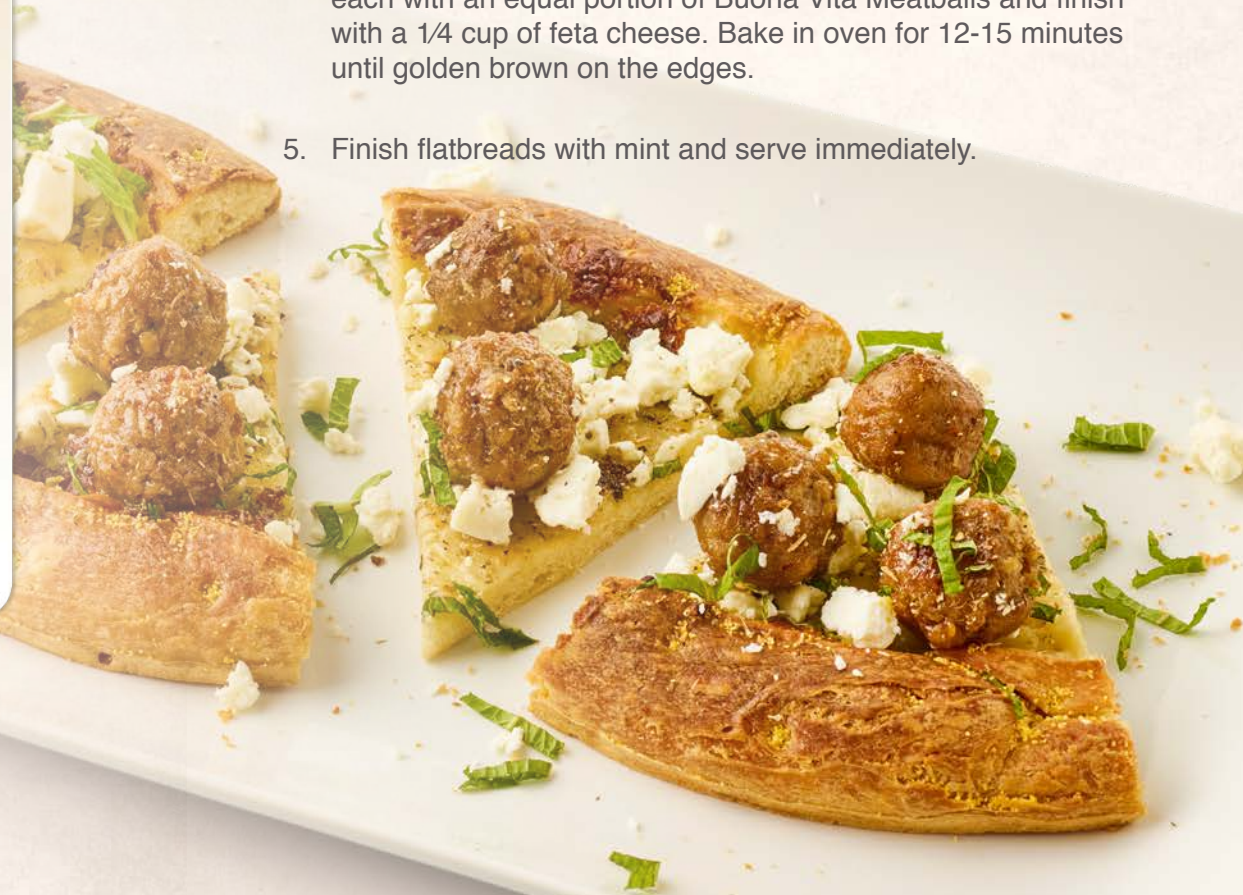
1 lb.	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through and cut in half
1	Orange, juiced
1	Lemon, juiced
1	Lime, juiced
1/3 cup	Water
1/3 cup	Sugar
1 cup	Extra virgin olive oil
1 tsp.	Thyme, dried
1 tsp.	Rosemary, dried
1/2 tsp.	Salt
1/2 tsp.	Black pepper, ground
1 1/2 Tbsp.	Garlic, chopped fine
1 cup	Feta cheese, crumbled
1/4 cup	Fresh mint, sliced thin
4	Artisan flatbreads

Cooks Tip:

Olive oil can be infused with a variety of flavors. Using the same method, experiment with different herbs and spices to find your favorite mix and use with your favorite dishes.

Directions:

1. Pre-heat oven to 350° degrees.
2. Bring citrus juices, water, and sugar to a boil in a small pot until reduced by half, about 5 minutes. Stir in meatballs. Set aside.
3. Heat olive oil with herbs, salt, pepper, and garlic over medium-high until bubbling, then remove from heat and set aside.
4. Brush each flatbread with 1/4 cup of herbed garlic olive oil. Top each with an equal portion of Buona Vita Meatballs and finish with a 1/4 cup of feta cheese. Bake in oven for 12-15 minutes until golden brown on the edges.
5. Finish flatbreads with mint and serve immediately.



Meatball Banh Mi

A Vietnamese style meatball sub, with pickled carrot, radish, fresh cilantro topped with Buona Vita Meatballs, finished with a garlic aioli and served in a soft roll.

Serves: 4

Ingredients

16	Buona Vita Meatballs, baked at 350° for 15
1/2 cup	minutes or until heated through
1/2 cup	Rice wine or white wine vinegar
3 tsp.	Sugar
1/2 cup	Salt
1/2 cup	Carrots, shredded
4	Radish, thinly shaved
1/2 cup	Italian sandwich rolls
8	Garlic aioli
	Cilantro springs, large

Cooks Tip:

The Banh Mi is the essence of Vietnamese street food, and there is no one recipe for this classic sandwich. A cook can easily choose a different sauce, use alternative veggies, or spice it up with some heat.

Directions:

1. To make quick pickled radish and carrot, combine vinegar, sugar, and 3 tsp. salt in a small pot and bring to a boil. Once boiling, add radish and carrot, simmer 15 seconds, and turn off heat. Add water to pot and set aside. Let sit for 10 minutes and drain. Cool pickles prior to making sandwich.
2. Slice each roll lengthwise and remove a portion of the bread from the bottom half by gently scooping with a spoon.
3. Spread a layer of aioli on the heel of each roll, top with pickled vegetables, 2 cilantro springs, and 4 Buona Vita Meatballs.



Italian Wedding Soup

A classic hearty Italian soup, packed with fresh vegetables and Buona Vita's wedding soup sized meatballs.

Serves: 6-8

Ingredients

1.5 lb.	Buona Vita Wedding Soup Meatballs
2 Tbsp.	Extra virgin olive oil
1 cup	Yellow onion, minced
1 cup	Carrots, 1/4-inch-diced
3/4 cup	Celery, 1/4-inch-diced
10 cups	Chicken stock
1/2 cup	Dry white wine
1 cup	Small pasta such as pastina
1/4 cup	Fresh dill, minced
12 oz.	Spinach, washed, trimmed, halved

Directions:

1. Heat the olive oil over medium-low heat in a large soup pot.
2. Add the onion, carrots, and celery and sauté until softened, 5 to 6 minutes, stirring occasionally.
3. Add the chicken stock and wine and bring to a boil.
4. Add the pasta and meatballs to the simmering broth and cook for 6 to 8 minutes, until the pasta is tender and meatballs are heated thoroughly to 165 degrees.
5. Add the fresh dill to the soup and simmer for 5 more minutes.
6. Stir in the fresh spinach and cook for 1 minute, until the spinach is just wilted.
7. Ladle into soup bowls and serve.



Classic Meatball Parm

Nothings says home cooking like meatballs. Buona Vita Meatballs fill a crusty baguette with zesty red sauce and melted sliced provolone.

Serves: 4

Ingredients

- 16 Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
- 2 cups Marinara
- 1 Extra-long baguette, cut into 4
- 8 Slices of provolone cheese
- 2 Tbsp. Basil, sliced thin

Directions:

1. Preheat an oven 350° Fahrenheit.
2. Heat the marinara in a small pot to slight simmer.
3. Cut the baguettes in half, place the provolone on and melt in the oven for 3 minutes.
4. Top with Buona Vita Meatballs, marinara and basil. Serve immediately.



Herbed Meatball Skewers

A dry-rub of thyme, rosemary, and parsley coat Buona Vita Meatballs that are skewered with fresh onions, bell peppers, and tomato then grilled to perfection and served over a fresh green salad.

Serves: 4

Ingredients

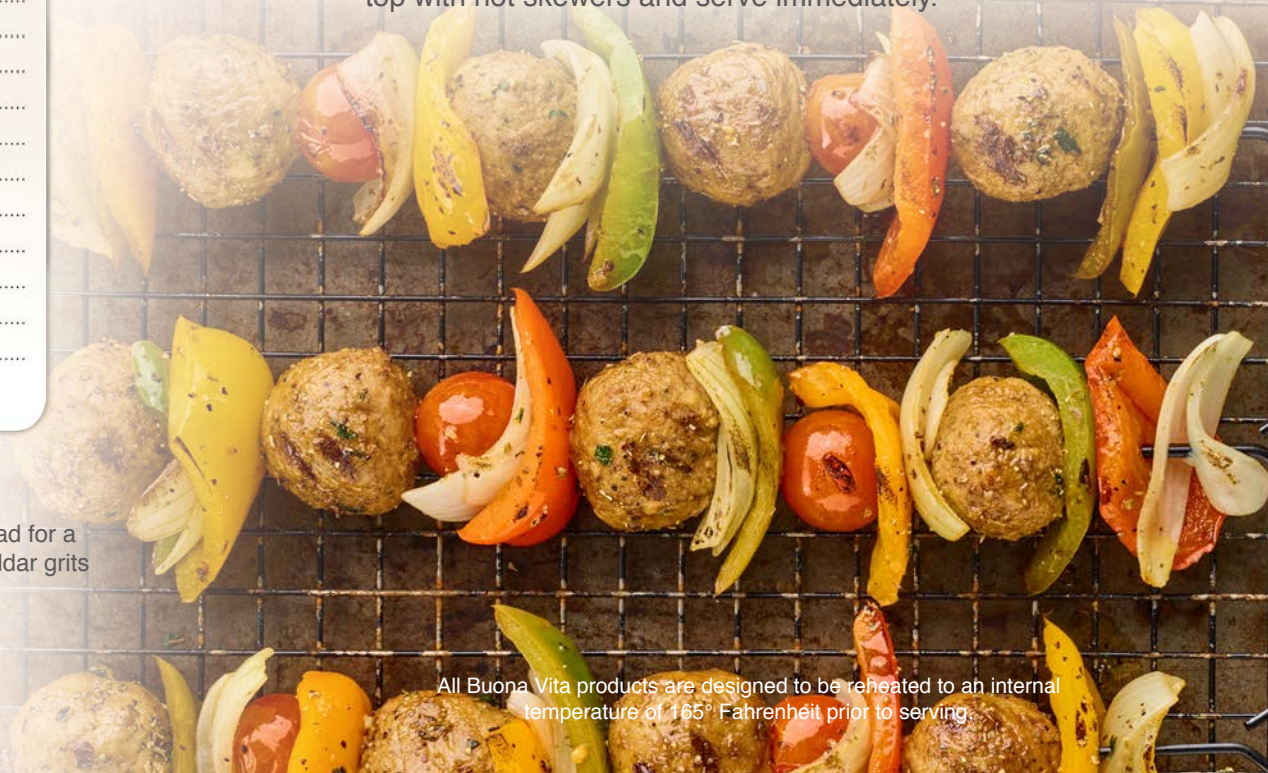
1 lb.	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
1/2 cup	Olive oil
1 tsp.	Salt
1 tsp.	Black pepper, ground
1 Tbsp.	Parsley, dried
1 Tbsp.	Rosemary, dried
1 Tbsp.	Thyme, dried
1	Onion, cut in to wedges
1	Red pepper, cut into large pieces
1	Yellow pepper, cut into large pieces
4	Tomatoes, small and cut in half
1/4 lb.	Fresh salad greens
2 Tbsp.	Salad dressing
8	Skewers, soaked in water

Cooks Tip:

Skewers are an excellent main component to any base. Swap the salad for a quinoa tabouleh for a Mediterranean experience, or serve it over cheddar grits for a southern take. The possibilities are endless!

Directions:

1. Pre-heat outdoor grill to medium high, or pre-heat oven to 375° degrees.
2. Combine 1/4 cup olive oil, salt, pepper, and herbs. Coat Buona Vita Meatballs.
3. Skewer ingredients in any order, alternating between vegetables and Buona Vita Meatballs.
4. Brush skewers with remaining olive oil. Grill skewers, turning every 3 minutes for 12-15 minutes or until meatballs are hot and vegetables are at desired doneness. If cooking in oven, roast meatballs on a sheet for 15-20 minutes, turning half way through cooking process.
5. Toss salad greens in dressing, place on serving platter, and top with hot skewers and serve immediately.



Meatball Bruschetta

A classic tomato bruschetta with basil, olive oil, and parmesan cheese is topped with Buona Vita Meatballs and served atop toasted baguette crisps.

Serves: 8

Ingredients

24	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
1 1/2 lbs.	Roma tomatoes, seeded and diced fine
1	White onion, diced fine
2 tsp.	Garlic, minced
6-8	Basil leaves, thinly sliced or chopped
1 tsp.	Salt
1/2 tsp.	Black pepper, ground
1 tsp.	Balsamic vinegar
6 Tbsp.	Extra virgin olive oil
2	12" French baguettes
2 Tbsp.	Parmesan cheese, grated

Cooks Tip:

Bruschetta can be made a day ahead! In fact, deeper flavor will fully develop if kept for up to 24 hours before using. Hold in a fridge, tightly wrapped or lidded, and be prepared to adjust seasoning the day of intended use.

Directions:

1. Pre-heat oven to 375° degrees.
2. Combine chopped tomatoes, onion, garlic, basil, salt, pepper, vinegar, and 1 Tbsp. olive oil and mix well; set aside.
3. Slice baguette into 3/4 - 1" thick slice, 24 in total. Arrange in 2 sheet trays and brush each slice with olive oil, using a pastry brush. Toast in oven for 5-6 minutes until lightly browned. Remove and cool when finished.
4. Top each crostini with a portion of bruschetta and finish with Buona Vita Meatballs. Garnish with parmesan cheese.



Mini Meat-Sagna Rolls

Flat lasagna sheets are piled with herbed ricotta cheese and spinach, filled with Buona Vita Meatballs, rolled tight and baked in a casserole dish with a robust tomato sauce infused with Italian seasoning, and served sliced as an appetizer.

Serves: 6

Ingredients

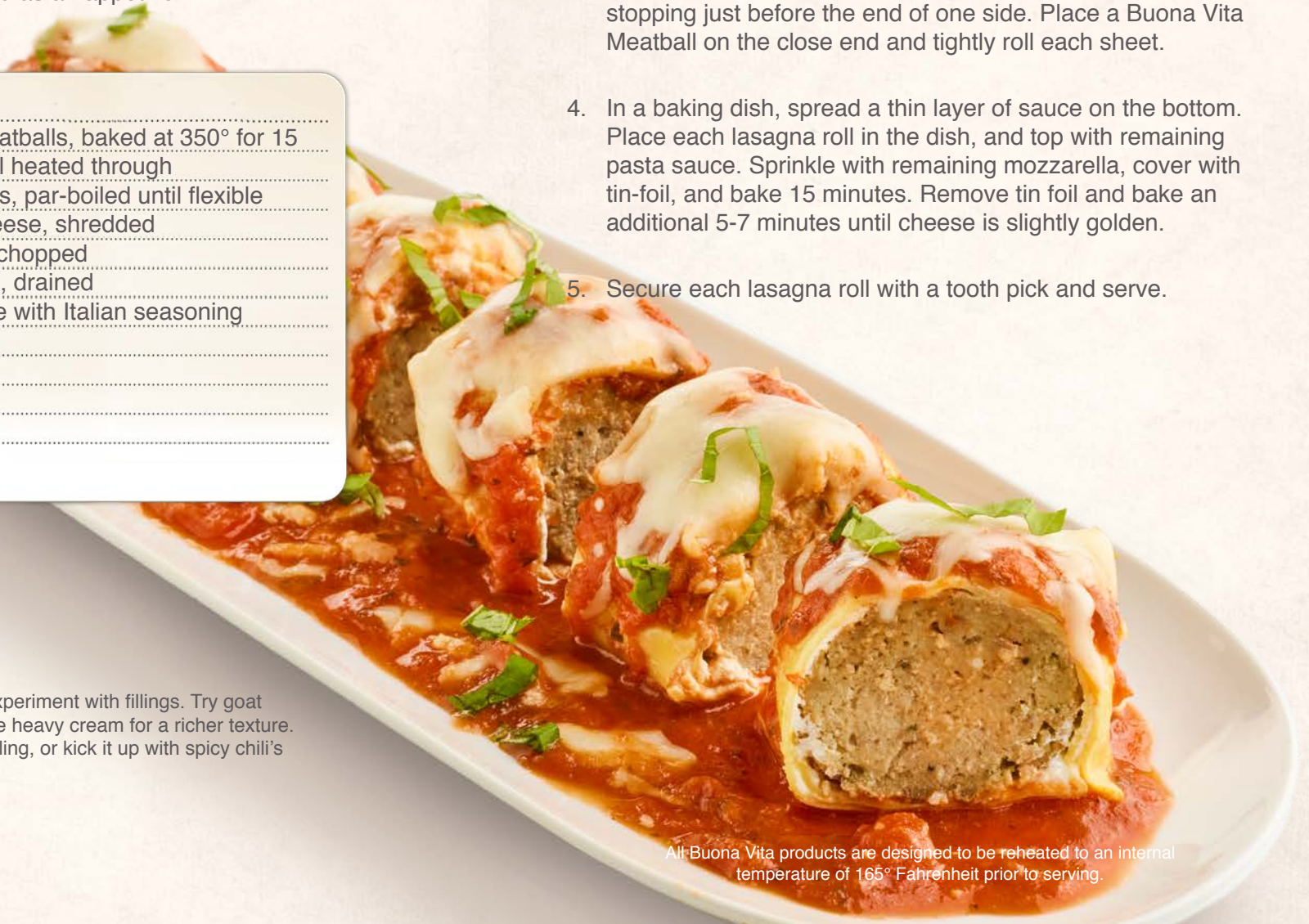
20	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
20	Lasagna sheets, par-boiled until flexible
1 1/2 cups	Mozzarella cheese, shredded
1/4 cup	Parsley, finely chopped
3 1/2 cups	Ricotta cheese, drained
16 oz.	Marinara sauce with Italian seasoning
20	Toothpicks

Directions:

1. Pre-heat oven to 350° degrees.
2. To make filling; in a medium bowl combine 1/2 cup mozzarella, parsley, and ricotta cheese and mix thoroughly. Set aside.
3. Lay par-boiled lasagna and on a clean surface. Spread 3 Tbsp. of the ricotta cheese mixture on each lasagna sheet, stopping just before the end of one side. Place a Buona Vita Meatball on the close end and tightly roll each sheet.
4. In a baking dish, spread a thin layer of sauce on the bottom. Place each lasagna roll in the dish, and top with remaining pasta sauce. Sprinkle with remaining mozzarella, cover with tin-foil, and bake 15 minutes. Remove tin foil and bake an additional 5-7 minutes until cheese is slightly golden.
5. Secure each lasagna roll with a tooth pick and serve.

Cooks Tip:

Lasagna filling is a great way to experiment with fillings. Try goat cheese for a stronger flavor, or use heavy cream for a richer texture. Add more herbs for an aromatic filling, or kick it up with spicy chili's or peppers.



Sweedish Meatballs

The ultimate comfort food, served classically in a rich, creamy sauce with a side of lingonberry jam.

Serves: 4

Ingredients

1 lb.	Buona Vita Swedish Beef Meatballs, baked at 350° for 20 minutes or until heated through
3 Tbsp.	Butter
3 Tbsp.	Flour
2 cups	Beef stock
1/4 cup	Sour cream (use full-fat sour cream or the sauce may curdle)
-	Salt and pepper to taste
2 Tbsp.	Lingonberry, red currant, raspberry or cranberry jelly, less or more to taste (optional)

Directions:

1. Make the sauce by starting with a roux. Melt 3 tbsp of butter in a medium to large sauce pan over medium heat for 2-3 minutes.
2. Slowly add 3 tbsp of flour and stir in until smooth.
3. Start with adding 1 cup of beef stock and stirring slowly into the roux until smooth. Add additional cup of beef stock and continue stirring.
4. Remove pan from the heat and stir in sour cream. Add salt and pepper to taste and stir again.
5. Remove meatballs from the oven once thoroughly heated and add directly to the sauce pan. Stir and cook over low heat.
6. Place six meatballs on a small appetizer dish with sauce, add jam on the side for dipping.



Buffalo And Bleu Cheese

A fun and exciting party dish for everyone! Buona Vita Meatballs are coated in Buffalo sauce and served with carrot and celery sticks with crumbled bleu cheese to garnish.

Serves: 4

Ingredients

- | | |
|---------|--|
| 16 | Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through |
| 1 cup | Buffalo sauce |
| 8 | Carrot sticks |
| 8 | Celery sticks |
| 1/4 cup | Bleu cheese crumbles |

Directions:

1. Toss Buona Vita Meatballs with Buffalo sauce.
2. Serve with carrot and celery sticks. Garnish each with a tablespoon bleu cheese crumbles.



Spicy Meatball Marinara Sliders

Spice up your next party with these meatball marinara sliders that get an added kick with thinly-sliced pepperoni and a touch of red pepper flakes.

Serves: 8

Ingredients

- 16 Buona Vita 1.5oz Meatballs, baked at 350° for 20 minutes or until heated through
- 1/4 lb. Pepperoni, sliced thin
- 4 Slices mozzarella cheese, cut into quarters
- 1 lb. French fries, prepared according to package directions
- 1/4 cup Parmesan cheese
- 16 Bite-size slider rolls
- 1/4 cup Marinara
- 1 tsp. Red pepper flakes
- 4 tsp. Extra virgin olive oil
- Salt and pepper, to taste

Directions:

1. Pre-heat oven to 350°. Place meatballs on a baking sheet and heat for approximately 20 minutes, or until it has reached an internal temperature of 165 degrees.
2. Remove meatballs from the oven and place a quarter portion of mozzarella cheese, pepperoni, 1 tbsp of marinara on each meatball.
3. Place meatballs back in oven for 1-2 minutes or until cheese is thoroughly melted and lightly browned.
4. Remove from oven, place one meatball on each roll and sprinkle with chili flakes, and a 1/4 tsp. of olive oil.
5. Cover meatball with bun top and serve with your favorite french fries tossed in parmesan cheese.



Tuscan Meatball

and Roasted Eggplant Risotto

Tender Arborio rice infused with herbs and mixed with diced roasted eggplant, and topped with Buona Vita Meatballs.

Serves: 4

Ingredients

1/2 lb.	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
1 lb.	Eggplant, peeled and diced
3 Tbsp.	Olive oil
1	Onion, small diced
4 cloves	Garlic, minced
1 lb.	Tomato, seeded and chopped
1 tsp.	Thyme leaves, dried
1 tsp.	Black pepper, ground
1 tsp.	Salt
2 lbs.	Cooked risotto

Directions:

1. Pre-heat oven to 350° degrees. Toss eggplant in 1 Tbsp. olive oil and place on a foil lined sheet tray. Roast for 15-20 minutes, stirring occasionally.
2. When eggplant is nearly finished roasting, begin to sauté onions and garlic in 1 Tbsp. olive oil over medium heat in a wide, high-sided pot. Continue to sauté onions and garlic 5-7 minutes until translucent and fragrant but not browned.
3. Add tomatoes to onions, stirring to combine and allow to cook for 30 seconds, following with the thyme, diced eggplant, Buona Vita Meatballs, black pepper, and salt. Continue to cook until tomatoes have cooked down and mixture is tender, about 10 minutes.
4. Add tomatoes, eggplant, and Buona Vita Meatballs mixture to risotto, then serve.



BBQ Bourbon Meatballs

with Country Slaw

Rich and delicious Buona Vita Meatballs are warmed in a homemade bourbon and cola BBQ sauce and served with sweet and creamy cole slaw.

Serves: 4

Ingredients

20 Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through

1/2 cup Cola

1/4 cup Bourbon

2 cups BBQ sauce

4 cups Coleslaw

Directions:

1. In a sauce pot on medium high heat, reduce the cola and bourbon by half.
2. Add the BBQ sauce and Buona Vita Meatballs, then cook for 7 to 10 minutes until slightly simmering.
3. Plate atop the coleslaw and serve.



Crock Pot Tex Mex

An easy recipe your family is sure to love with colorful peppers, Mexican red enchilada sauce, and Buona Vita Meatballs.

Serves: 4

Ingredients

- 16 Buona Vita Meatballs
- 4 cups Red enchilada sauce
- 2 cups Red, yellow, and green peppers, cut into bite-size wedges
- Cilantro, to garnish

Directions:

1. In a crock pot set to high, cover the Buona Vita Meatballs with enchilada sauce.
2. Place the cut peppers in crock pot. Cover and set to cook for 3 to 4 hours.
3. Garnish with cilantro and serve.



Mushroom Stroganoff Meatballs

A rich gravy of caramelized mushrooms, onions, dill infused cream, and beef sauce tops warm and juicy Buona Vita Meatballs served with just cooked egg noodles.

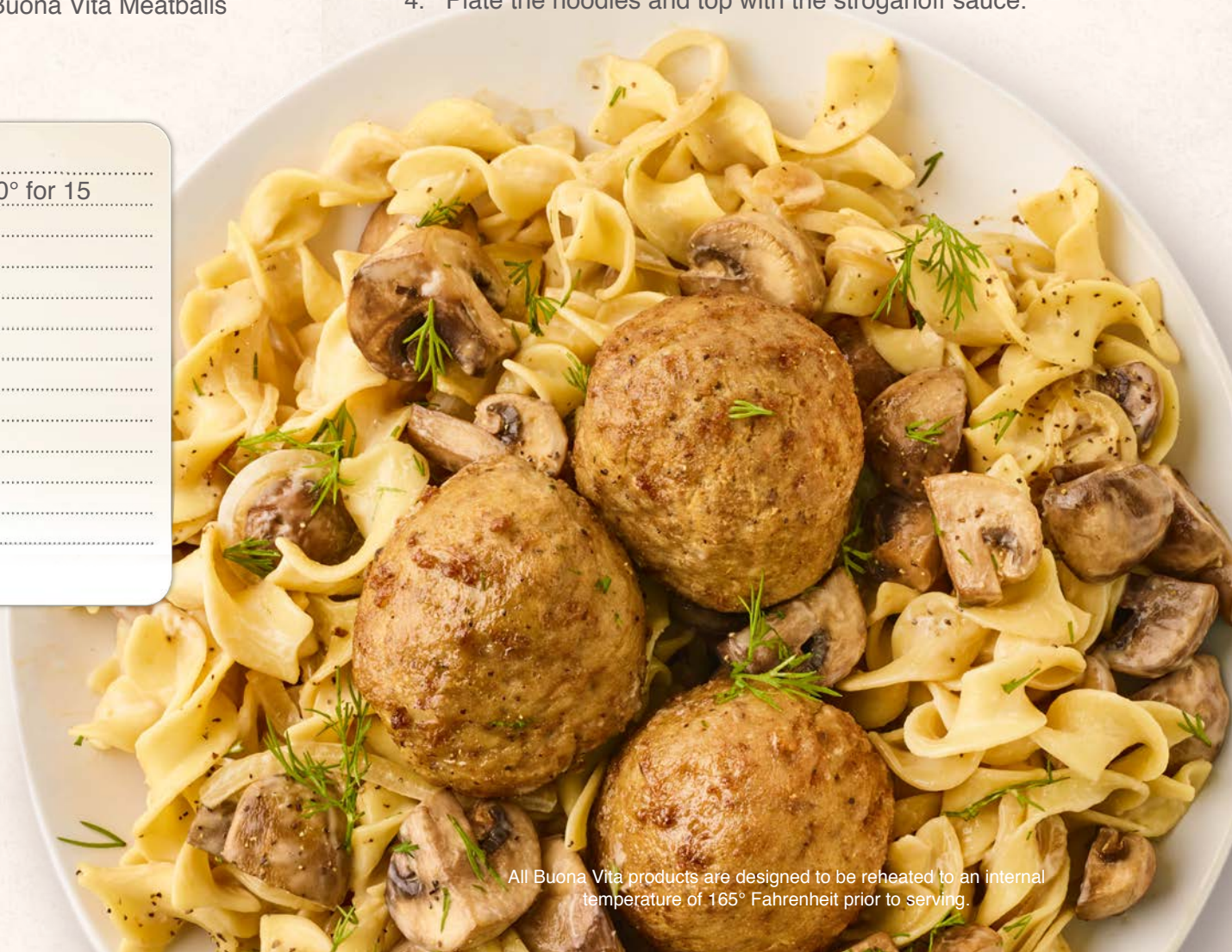
Serves: 4

Ingredients

24	Buona Vita Meatballs, baked at 350° for 15 minutes or until heated through
2 cups	Button mushrooms, quartered
2 Tbsp.	Butter
1	Onion, sliced
2 cups	Beef gravy
2 cups	Heavy cream
2 Tbsp.	Chopped dill
4 cups	Cooked egg noodles, warm

Directions:

1. In a sauté pan, brown the mushrooms in butter with the onion.
2. Add the beef gravy, heavy cream, chopped dill, and Buona Vita Meatballs.
3. Cook for 7 to 10 minutes on medium heat.
4. Plate the noodles and top with the stroganoff sauce.



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