



HOLIDAY RECIPES

Meatballs

Makes 12 Servings

Ingredients

Meatballs:

2 ½ lbs. extra-lean ground beef
1 cup quick oats (not instant)
¾ cup minced onion
½ cup dry breadcrumbs or cracker crumbs
1 (12 oz.) can evaporated skim milk
2 eggs
2 Tbsp. chili powder
½ tsp. garlic powder
¼ tsp. salt
¼ tsp. black pepper

Sauce:

1 12 oz. jar Heinz chili sauce
1 16 oz. jar grape jelly

Nutrition Facts for meatballs (no Sauce)

Calories: 35
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 20 mg
Total Carbohydrate: 9 g
Dietary Fiber: 0 g
Sugars: 0 g
Protein: 1 g

Directions

Meatballs:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine all ingredients except the barbecue sauce.
3. Mix until ingredients are just combined. (Using your hands works best.)
4. Divide mixture evenly among the 24 cups of the pan, pressing down lightly.
5. Spoon approximately 1 tsp. barbecue sauce over each muffin.
6. Bake for 30 to 35 minutes or until meat is no longer pink in center.

Sauce:

1. Put chili sauce and jelly in a large pot, heat until jelly is melted and sauce is smooth, stirring often.
2. Add meatballs; heat and serve. (Can keep warm in a slow cooker).



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