



APPETIZERS

Meatballs with Barbecue Sauce

Makes 12 Servings

Ingredients

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
6 Tbsp. barbecue sauce

Directions

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.

Nutrition Facts

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



Kanawha County Extension Service - 4700 MacCorkle Avenue SE, Suite 101
Charleston, WV 25304 - (304) 720-9573 - <http://kanawha.ext.wvu.edu>