

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Cocktail Meatballs

Makes Approx. 24 Meatballs

Equipment Needed:

- Large Saucepan and/or Crock Pot
- Kitchen Scale
- Measuring Cups & Spoons
- Wooden Spoon or Whisk

Directions:

1). Gather all equipment & ingredients. Prepare meatballs as directed, and set aside. You can also use frozen store-bought meatballs if you're short on time, but the taste and quality won't be nearly as good.

- **1.5 lbs. Homestyle Meatballs (sub w/ 1.5 lbs. (24 oz.) frozen, store-bought)**

2). Combine jelly, ketchup, and Worcestershire sauce in a large saucepan and let cook on low heat stirring occasionally until it has all combined. Add in the cooked meatballs and let simmer on low heat for 8-10 minutes. Carefully transfer to a crockpot and keep warm until ready to serve.

- **1 C. (8 oz.) Grape Jelly**
- **1.5 C. (12 oz.) Heinz Chili Sauce**
- **2 T. Worcestershire Sauce**

**Sometimes I add 1/4 C. teriyaki sauce to give my meatballs a different flavor profile.*

***If feeding a larger crowd just double, triple, or quadruple this recipe.*

HOMESTYLE MEATBALLS RECIPE

Directions:

1). Gather equipment & ingredients. Place all ingredients into a large mixing bowl and mix using clean or gloved hands. When everything is well combined, cover & refrigerate mixture for 15-20 minutes. If mixture seems too wet to form into balls, you can add more crushed crackers (or pork rinds) one tablespoon at a time until you reach desired consistency. It shouldn't take much more than the recipe calls for.

- **1 lb. Lean Ground Beef (sub with ground pork, turkey, or chicken if desired)**
- **1 Large Egg, Beaten**
- **1 T. Worcestershire Sauce**
- **1/4 t. Low FODMAP Onion Replacer (or 1/4 t. onion powder if not cooking Low FODMAP)**
- **1 T. Beef Broth Base or Beef Bouillon (I use Orrington Farms)**
- **1/2 C. (70g.) Shredded Sharp Cheddar**
- **1/2 C. (48g.) Crushed Ritz Crackers**
(sub w/ saltine crackers or breadcrumbs – you can sub w/ GF breadcrumbs for gluten free or crushed pork rinds for keto).
- **2 t. Low FODMAP Garlic Replacer (or 1/2 t. garlic powder if not cooking Low FODMAP)**
- **1/4 t. Black Pepper**

2). Preheat oven to 350°F and line a small baking sheet with aluminum foil, shiny side down. Using a kitchen scale and 1 oz. ice cream scoop (or your hands), portion meat mixture into 24 - 1oz. balls. Heat a large non-stick skillet over medium high heat. Once pan is hot, add a drizzle of cooking oil, and then place meatballs in the hot pan and cook for about 2 minutes, or until nicely browned. Flip each meatball over and brown the other side for 1-2 more minutes, or until nicely browned on the other side. Transfer meatballs to the lined baking sheet, and place in the oven for 6-8 minutes or until cooked through. Enjoy!

