

Meatballs on the BBQ

Preparation Time: 30 minutes

Ingredients:

- 1 ½ pounds ground beef; 80-85% lean
- 1 envelope (1 ounce) onion soup mix
- 1/8 cup dried onion
- 1 cup breadcrumbs (Italian, plain or Panko)
- ½ Tablespoon garlic powder
- ¼ cup milk
- ½ Tablespoon Worcestershire Sauce
- ½ cup ketchup
- 1 Tablespoon mustard
- 2 eggs, beaten
- ¼ teaspoon paprika
- ½ Tablespoon basil
- Your favorite barbeque sauce.

Cooking time: 45-60 minutes

Yield: 8 (6 ounce) servings

You will need a large bowl for the preparation and a 9"X13" baking dish. A crockpot is useful for keeping the meatballs warm if needed.

1. Preheat the grill to 350 °.
2. Crumble the ground beef in the large bowl.
3. Stir in the remaining ingredients, including any optional ones, using a wooden spoon.
4. Stir or knead the mixture until it is well blended.
5. Form the mixture into meatballs about 2 inches in diameter and set in the baking dish.
6. Grill the meatballs for about 15 minutes, turning every 5 minutes.
7. Place the meatballs in a crockpot with Barbeque Sauce on high for one hour or until meatballs reach an internal temperature of 165°.
8. Keep the crockpot on low while serving.

Substitutions:

- You can use ½ cup fresh onion instead of dried onion.

Additions/Options:

- If you do not wish to use a grill, you can brown the meatballs in a pan and then bake them in the oven about 40 minutes or until they reach an internal temperature of 165°
- Spice up your meatballs with chili powder, hot ground pork, cayenne pepper

Nutrition Per Serving of Meatballs (Approximate):

Sauce not included

Calories: 292, Fat: 18 grams, Carbohydrates: 20 grams, Fiber: 1 gram, Sugars: 10 grams, Protein: 12 grams

Notes: