

Cocktail Meatballs

Ingredients:

2 eggs
½ cup milk
1 ¼ Italian bread crumbs
2 # ground beef
2 minced garlic cloves
¼ allspice
¼ ground black pepper
1 ½ tsp salt
2 tsp baking powder

For the Sauce:

1 cup ketchup
1 cup packed brown sugar
4 Tbsp water
3 Tbsp apple cider vinegar
4 tsp Worcestershire sauce
2 Tbsp grated shallot
2 minced garlic cloves
¼ tsp ground black pepper
1 tsp salt

Instructions:

Preheat oven to 325. Line bottom of broiler pan with aluminum foil and spray rack generously with cooking spray for easy clean up

Whisk egg and milk together in mixing bowl, then add in bread crumbs, set aside.

In stand mixer with paddle attachment beat approx. ½# of beef with garlic, allspice pepper, salt and baking powder, on high until smooth, approx. 1 min. Add bread crumb mixture and beat approx. 1 min until well blended. Add remaining beef and mix on medium until just blended, to prevent tough meatballs.

Using wet hands form meatballs and place on rack. Bake approx. 20 mins until meat is just cooked.

Meanwhile, in a large sauce pan, mix all sauce ingredients and simmer for approx. 10 min until sauce is well blended and begins to thicken.

Mix sauce and meatballs and either serve immediately or place in crock pot on low or warm until ready to serve.