



## **Tahini & Sambal Goat Meatballs**

(makes 8 to 9 2-ounce meatballs)

1 lb. ground goat  
1 small or 2 peewee eggs  
1 tbsp. of minced garlic  
1 tbsp. of tahini  
1 tbsp. of sambal  
1 tsp. brown sugar  
½ tsp. of fresh ground black pepper

Preheat oven to 350°. Grease a 1 dozen-size muffin pan lightly with cooking spray. Combine all of the ingredients in a large bowl, mixing with hands thoroughly. I wear food-grade disposable gloves to make this process easier. Use a blue disher (2 oz. scoop) to form round meatballs. Place each meatball in a muffin indentation. Bake until the meatballs are browned. Turn the meatballs over using tongs or a tablespoon once while cooking to brown evenly. Test a meatball to ensure that the internal temperature reaches 150° (approximately 40-45 minutes). Remove the meatballs from heat, place in a lidded container or aluminum foil and cover. Let the meatballs rest for 10 minutes before serving.

These are awesome as a main course served with a starch and some veggies. They are even great in soups. I've added a tsp. of chia seeds and/or flax seeds to these to add even more healthy fats and fiber, especially for children. Our kids love to dip these in ketchup or Heinz 57. With modified cooking time (add another 45 minutes or so), this same recipe works well for meatloaf too.