

SWEET & SOUR MEATBALLS

MEATBALLS:

- 1.5lbs ground beef
- ¾ cup quick oats, pulsed 6 times in food processor
- 2 eggs
- ½ cup finely chopped onion
- ¼ cup whole milk
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon Worcestershire sauce

SAUCE:

- ¼ cup brown sugar
- ¼ cup apple cider vinegar
- 1 teaspoon yellow mustard
- ¼ cup BBQ sauce
- 1 teaspoon Worcestershire sauce

Preheat oven to 350 degrees

Combine all meatball ingredients and mix well, form meatballs to desired size and place on greased broiler pan

Bake meatballs approximately 20-30 mins, depending on size of meatballs

Whisk together all sauce ingredients

Pour sauce over meatballs and serve over rice