

Holiday Meatballs



Servings: 8

For the Meatballs:

*1 pound ground pork
1 large egg
1 envelope onion soup mix
1/2 cup seasoned bread crumbs
1/4 cup dried cranberries
2 tablespoons fresh parsley, chopped
For the Sauce:
1 can cranberry sauce (14-ounces)
3/4 cup ketchup
1/2 cup beef stock
3 tablespoons brown sugar
3 tablespoons onion, chopped
2 tablespoons apple cider vinegar*

For the Meatballs:

In a large bowl combine ground pork, egg, onion soup mix, seasoned bread crumbs, dried cranberries, and parsley.

Shape the meat mixture into 1-inch balls.

Place the meatballs on a baking tray lined with aluminum foil and sprayed with non-stick cooking spray.

Bake the meatballs in a 350°F oven for 30 minutes or until fully cooked. Set aside.

For the Sauce:

In a sauce pan combine cranberry sauce, ketchup, beef stock, brown sugar, onion, and apple cider vinegar. Cook stirring until heated through.

Add the meatballs to the sauce. Cook the meatballs in the sauce until heated through.

Serve

Per Serving (excluding unknown items): 177 Calories; 3g Fat (16.8% calories from fat); 15g Protein; 23g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 516mg Sodium; 15g Total Sugars; trace Vitamin D; 38mg Calcium; 1mg Iron; 325mg Potassium; 149mg Phosphorus. Exchanges: .