

COCKTAIL MEATBALLS

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic bowl with cover

8" Square microwave safe dish with cover.

Ingredients:

½ Lb. Ground beef

¼ Cup Dry Bread Crumbs

1 Egg

2 T. Green Onion, finely chopped

1 Garlic Clove, minced

½ t. Salt

½ t. Italian Seasoning (Basil, Oregano, Parsley. Etc)

¼ t. Additional Basil

¼ t. pepper

½ Cup Grape Jelly

½ Cup Chili Sauce

1 T. Prepared Mustard

Procedure:

1. In a medium bowl, combine ground beef, bread crumbs, egg, onion, garlic and seasonings.
2. Mix lightly. Shape into 25 meatballs.
3. In the bowl where the meatballs were mixed (now empty), combine jelly, chili sauce and mustard.
4. Add meatballs and coat with sauce.
5. Place the meatballs in the 8" square dish and cover.
6. Cook at **P6** 6 minutes, then at **P4** 9 minutes.
7. Serve with sauce.

Chefs tip:

To make the meatballs hot and spicy, "Arrabiata" replace the grape jelly (?) with ¼ cup Hot Pepper flakes