

Barbecued Meatballs

*Irma Schnuelle - Manitowoc, WI
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Yield: 36 meatballs

*1/2 cup dry bread crumbs
1/3 cup finely chopped
onion
1/4 cup whole milk
1 large egg, lightly beaten
1 tablespoon fresh parsley,
minced
1 teaspoon salt
1 teaspoon Worcestershire
sauce
1/2 teaspoon pepper
1 pound lean (90%) ground
beef
1/4 cup canola oil
1 bottle (12 ounce) chili
sauce
1 jar (10 ounce) grape jelly*

In a large bowl, combine the bread crumbs, onion, milk, egg, parsley, salt, Worcestershire and pepper. Crumble the beef over the mixture. Mix well. Shape into one-inch balls.

In a large skillet, brown the meatballs in oil on all sides. Remove the meatballs and drain.

In the same skillet, combine the chili sauce and jelly. Cook and stir over medium heat until the jelly has melted. Return the meatballs to the pan. Heat through.



Per Serving (excluding unknown items): 889 Calories; 65g Fat (64.8% calories from fat); 16g Protein; 63g Carbohydrate; 3g Dietary Fiber; 220mg Cholesterol; 2761mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 12 Fat; 1 Other Carbohydrates.