

Barbeque Meatballs

Cindy Spence

Totland College Nursery School - Braintree, MA (1978)

*2 pounds ground beef
1 small onion, chopped
1 cup honey nut cheerios®,
crushed
2 tablespoons barbecue
sauce
1/2 green pepper (optional),
chopped
1 large egg
salt (to taste)
pepper (to taste)*

In a bowl, mix all of the ingredients together.
Form the mixture into small meatballs (slightly
smaller than a golf ball).

Place the meatballs into a large baking pan.

Bake for 45 minutes at 350 degrees.

Drain the grease. Place the meatballs into a
casserole dish.

Cover the meatballs with a large bottle of your
favorite or homemade barbecue sauce.

Heat and serve.

Per Serving (excluding unknown
items): 3074 Calories; 248g Fat
(73.6% calories from fat); 162g
Protein; 38g Carbohydrate; 4g
Dietary Fiber; 984mg Cholesterol;
1215mg Sodium. Exchanges: 1 1/2
Grain(Starch); 22 1/2 Lean Meat; 1
1/2 Vegetable; 37 Fat; 1/2 Other
Carbohydrates.