
Cocktail Meatballs

The Essential Southern Living Cookbook

Preparation Time: 40 minutes

Start to Finish Time: 1 hour

1 1/2 pounds ground chuck
1/4 cup seasoned breadcrumbs
2 teaspoons prepared horseradish
2 cloves garlic, crushed
3/4 cup tomato juice
2 teaspoons Kosher salt
1/4 teaspoon freshly ground black pepper
2 medium (1-1/2 cups) chopped yellow onions, divided
2 tablespoons butter
2 tablespoons all-purpose flour
1 1/2 cups beef broth
1/2 cup dry red wine
2 tablespoons light brown sugar
2 tablespoons ketchup
1 tablespoon fresh lemon juice
3 (3 tablespoons) gingersnaps, crumbled

Preheat the oven to 450 degrees.

In a bowl, gently stir together the ground chuck, breadcrumbs, horseradish, cloves, tomato juice, salt, black pepper and 3/4 cup of the chopped onions. Shape into one-inch balls. Place the balls in a lightly greased (with cooking spray) 13 x 9-inch baking dish.

Bake in the preheated oven for 20 minutes. Remove from the oven. Drain off any excess fat.

In a large skillet over medium heat, heat the butter. Add the remaining onions. Cook, stirring occasionally, for 4 to 6 minutes or until tender. Whisk in the flour. Cook, whisking constantly, for 1 minute. Gradually whisk in the beef broth. Cook, whisking constantly, until smooth.

Stir in the wine, brown sugar, ketchup, lemon juice and gingersnaps. Reduce the heat to low. Cook, stirring often, for 15 minutes. Add the meatballs. Simmer, stirring occasionally, for 5 minutes.

Yield: 4 dozen

Meatballs

Per Serving (excluding unknown items): 3018 Calories; 177g Fat (54.8% calories from fat); 151g Protein; 179g Carbohydrate; 10g Dietary Fiber; 573mg Cholesterol; 8392mg Sodium. Exchanges: 1 Grain(Starch); 19 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 25 Fat; 8 1/2 Other Carbohydrates.