

Saucy Asian Meatballs

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Servings: 15

*1 pound ground beef
1 pound ground pork
1 cup panko bread crumbs
2 teaspoons dried minced onion
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon ground pepper
1 tablespoon dried parsley flakes
1/2 cup sour cream
2 eggs*
SAUCE
*1 cup apple butter
1/2 cup soy sauce
1/4 cup sugar
1 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon fresh ginger, grated
chopped fresh chives (for garnish) (optional)
toasted sesame seeds (for garnish) (optional)*

Preparation Time: 20 minutes

Cook Time: 35 minutes

Preheat the oven to 350 degrees.

Line a rimmed baking sheet with aluminum foil.

In a bowl, mix the beef, pork, bread crumbs, minced onion, garlic powder, salt, pepper, parsley, sour cream and eggs with your hands until just combined..

Roll the meat mixture into two-inch meatballs (about thirty, golf ball sized). Transfer to the baking sheet.

Bake for 30 to 35 minutes or until the meatballs are cooked through to 160 degrees internal temperature.

For the sauce: In a three-quart pot over medium heat, combine the apple butter, soy sauce, sugar, garlic powder, onion powder and ginger.

Heat for 10 minutes while stirring occasionally. Once the sauce begins to simmer, remove from the heat.

Serve the meatballs with the sauce. Garnish, optionally, with fresh chives and sesame seeds.

Per Serving (excluding unknown items): 259 Calories; 17g Fat (58.3% calories from fat); 12g Protein; 15g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 671mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.