

Sweet and Smoky Chipotle Meatballs

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Servings: 8

1/4 cup water

2 tablespoons unsalted butter

2 bags (16 ounce ea) frozen precooked homestyle meatballs

1/3 cup brown sugar

1/2 cup BBQ sauce

3 tablespoons chipotle pepper sauce

1/4 cup presliced green onions

Preheat a large nonstick saute' pan on medium heat for 2 to 3 minutes. Place the water, butter and meatballs into the pan. Cover. Cook for 10 minutes, stirring occasionally.

Add the brown sugar and BBQ sauce. Cook, uncovered, stirring occasionally, for 6 to 8 minutes or until the meatballs are coated and are measured by a thermometer at 165 degrees.

Transfer the meatballs to a large bowl. Add the pepper sauce and green onions. Toss to coat and blend.

Serve.

Per Serving (excluding unknown items): 48 Calories; 3g Fat (52.5% calories from fat); trace Protein; 6g Carbohydrate; 0g Dietary Fiber; 8mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.