



BARBECUE MEATBALLS

From Executive Chef Matt Chappell

INGREDIENTS

- 1 T Garlic Powder
- 3/4 C Breadcrumbs, unseasoned
- 1/3 C Milk, 2%
- 1/3 C Beef Broth (can use prepared beef bouillon)
- 1/2 C Yellow Onion, finely minced
- 1 large egg (On sale in March)
- 1/2 T Salt
- 1/2 T Ground Black Pepper
- 2 LB M5 Farms Ground Beef
(Local and on sale in March)
- 1 bottle John Tom BBQ (Local and on sale in March, choose your heat)

**SERVES: 10-12 PEOPLE
(APPETIZER PORTION)
COST: \$1.31/PERSON**

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Spray a baking sheet pan lined with aluminum foil (for easy clean-up).
2. In a medium sized mixing bowl, combine the first 8 ingredients (garlic powder through black pepper). Mix until combine with a wooden spoon.
3. Add M5 Farms ground beef and mix until just combined thoroughly. Try not to over mix.
4. Using a small scoop (about 2 T size) portion, roll mixture into 1-ounce balls and place on sheet pan.
5. Once all balls are rolled and on pan, bake for 25-30 minutes or until the internal temperature reaches 165 degrees Fahrenheit.
6. While the meatballs are baking, warm up BBQ sauce in a pan.
7. Carefully add meatballs to warmed sauce and then serve.

