

TANGY BARBEQUE MEATBALL MORSELS

Ingredients:

375 mL	lean ground beef
15 ml	onion soup mix powder
1	white hamburger bun, white center bread only, broken down into small bits
15 mL	warm milk
1/2	egg (25 mL)
25-50 ml	breadcrumbs
1 ml	garlic powder
1 ml	pepper
2 ml	seasoned salt
2 ml	dried parsley
15 ml	vegetable oil for frying.
125 ml	sweet and tangy barbeque sauce
30 ml	water

Method:

1. In a small white soup bowl mix together the inside soft white bread from the bun into small pieces. Add the warm milk, let it sit till it is white mush.
2. In a medium bowl mix together the beef, onion soup mix, egg, breadcrumbs and spices. Add in the bread mush. Add extra breadcrumbs if needed to get it to hold together.
3. Shape the meat mixture into 24 balls that are 1 inch round. Keep them small so they are easy to cook through and easy to eat off a toothpick.
4. In a Teflon frypan heat up the oil and add the meatballs. Brown the meatballs on all sides and cook till there is no pink in the middle. Remove meatballs and wipe oil out of pan then pour the barbeque sauce into the pan and mix with the meatballs. Only add water if sauce appears too thick. It should lightly coat the meatballs.
5. Heat for a few minutes to thicken the sauce and then serve on a platter with toothpicks in each meatball.