

# MEATBALLS

## SAUCE

- Non-stick cooking spray
- 1 jar** Grape jelly (9 oz)
- 2 cans** Tomatoes (28 oz each)
- 1 can** Tomato juice (19 oz)
- 1/2 C** Honey **OR** brown sugar
- 2 T** Lemon juice
- Salt (to taste)



## SAUCE DIRECTIONS

- 1 Spray the insert of a slow cooker or a large heavy pot with non-stick cooking spray
- 2 Add the ingredients for the sauce & stir well to combine
- 3 Cover & cook sauce on high for 30 minutes until simmering

## MEATBALLS

- 2 cloves** Garlic (about 1 teaspoon minced)
- 4 slices** Bread (torn into chunks) **OR** 2 C Panko Crumbs
- 4 lbs** Ground beef (lean) **OR** veal (lean)
- 2** Eggs **OR** 1/2 C egg substitute
- 2/3 C** Water
- 1 - 2 t** Salt (to taste)
- 1/2 t** Pepper (to taste)
- Parsley (to garnish)

## MEATBALL DIRECTIONS FOR SLOW COOKER

- 1 In a food processor process garlic until minced
- 2 Add bread & process to make fine crumbs & add crumbs into a large bowl
- 3 Add ground meat, eggs, water, salt & pepper (to taste) & mix gently to combine
- 4 Wet your hands & form mix into 1-inch meatballs
- 5 Drop meatballs into simmering sauce
- 6 If using a slow cooker, you can cook the meatballs covered on low for up to 8 hours

## IF USING A LARGE HEAVY POT INSTEAD OF A SLOW COOKER

- 1 After you combine the sauce ingredients in the pot, heat slowly on low heat until simmering
- 2 Stir often to prevent sauce from scorching
- 3 Make meatballs & add them to the simmering sauce
- 4 Cook, partially covered on low heat (30 - 40 minutes) stir occasionally

## NOTES

- 1 Serves 10 - 12 servings if you use it as a main dish
- 2 The meatballs will keep 2 - 3 days in the refrigerator & they freeze well