

Sweet and Tangy BBQ Meatballs

Prep time: 5 minutes
Total time: 35 minutes

- 2 tsp (10 mL) canola oil
- ½ small onion
- 2 cups (500 mL) ketchup
- ⅓ cup (75 mL) packed brown sugar
- ¼ cup (50 mL) orange marmalade
- 3 tbsp (45 mL) Worcestershire sauce
- 2 tbsp (30mL) **Smoky Barbecue Rub**
- 1 tbsp (15 mL) cider vinegar
- 2 tsp (10 mL) Dijon mustard
- 1 pkg (26 oz or 900 g) frozen fully cooked meatballs (½ oz/10 g each)



1. Heat oil in **(2-qt./1.9-L) Casserole** over medium heat 3-5 minutes or until shimmering. Cut onion into chunks. Using **Food Chopper**, finely chop onion.
2. Add onions to Casserole. Cook, uncovered, 2 minutes or until onions are softened.
3. Stir in remaining ingredients, except meatballs. Bring to a boil over medium heat; add meatballs. *Reduce heat to low.* Cook, covered, 25-30 minutes or until heated through, stirring occasionally.

Serves 16

U.S. Nutrients per serving (3 meatballs and 2½ tbsp/37 mL sauce): Calories 170, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 35 mg, Sodium 530 mg, Carbohydrate 21 g, Fiber 0 g, Protein 8 g

U.S. Diabetic Exchanges per serving: 1½ Fruit, 1 Med-Fat Meat (1½ Carb)

Cook's Tip: For Sweet and Spicy Meatballs, substitute ½ cup (125 mL) cherry preserves and ½-1 tsp (2-5 mL) crushed red pepper flakes for the orange marmalade and Dijon mustard.

pampered|chef