

## *Beer Barbecued Meat Balls*



This delicious appetizer can take on many flavours. This is a mild version. If you like hotter food use our Cajun Spiced sauce in place of Beer BBQ and add more Rub for BBQ. Makes 50 one ounce meat balls.

### *ingredients*

<b>1</b>	<b>Egg-whole</b>
<b>1/4 cup</b>	<b>Milk</b>
<b>1/2 cup</b>	<b>Bread crumbs - fine, dry</b>
<b>1 pound</b>	<b>Ground beef- lean</b>
<b>1/4 cup</b>	<b>Beer BBQ Sauce</b>
<b>3 Tbsp</b>	<b>Caramelized Onions</b>
<b>1 tsp</b>	<b>Rub for BBQ</b>
	Salt and freshly ground pepper
<b>1 Tsp</b>	<b>Roasted Garlic Olive Oil</b>
	Flour- sifted
<b>4 Tbsp</b>	<b>Beer BBQ Sauce</b>

### *instructions*

1. Preheat oven to 350°F
2. In a large bowl, beat the egg and milk, stir in the bread crumbs. Knead in the ground beef, BBQ sauce, rub for BBQ and caramelized onions. Season with salt and pepper.
3. Prepare a shallow baking pan with roasted garlic olive oil.
4. Using a one ounce scoop or a spoon, shape the mixture into balls. Roll the meat balls in a light dusting of flour and place them in the prepared pan.
5. Bake for 20-25 minutes.
6. Remove from the oven and toss the cooked meat balls in the beer BBQ sauce.
7. Bake or barbecue for 5-8 minutes.

Serve hot with toothpicks.