

Serves 12 • Serving size: 2 meatballs



PREP: 15 minutes  
COOK: 15 minutes

## Ultimate Party MEATBALLS

### MEATBALLS

1 lb./455 g ground pork or beef  
2 garlic cloves, chopped using Chop 'N Prep™ Chef  
1 small onion, chopped using Chop 'N Prep™ Chef  
¾ cup breadcrumbs  
1 egg, lightly beaten  
1 tsp. coarse kosher salt

### SAUCE

1 cup grape jelly  
1½ cups BBQ sauce  
½ cup grape juice

1. In a medium bowl mix together ingredients for meatballs until thoroughly combined.
2. Form meat mixture into appetizer sized meatballs, using a ¼ cup measuring cup as a guide.
3. Place meatballs into base of Microwave Pressure Cooker, piling them up as necessary.
4. In a medium bowl whisk together ingredients for the sauce.
5. Once combined, pour over meatballs in pressure cooker making sure they are fully covered. Readjust meatballs or add a little additional juice if any meatballs are sticking up over the sauce.
6. Seal pressure cooker and microwave at high for 15 minutes. Allow pressure to release naturally and let sit uncovered for approximately 5 minutes as sauce will thicken slightly as it cools. Serve warm.

Nutritional Information (per serving):

Calories: 290 Total Fat: 9g Saturated Fat: 3g Cholesterol: 45mg  
Carbohydrate: 44g Sugar: 31g Fiber: 1g Protein: 8g Sodium: 530mg  
Vitamin A: 2% Vitamin C: 4% Calcium: 2% Iron: 6%

TO DEMO



Microwave Pressure  
Cooker

OPTIONAL



Chop 'N Prep™  
Chef



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula



Whisk

date  
me

Tupperware®