

Serves 12 • Serving size: 2 meatballs

30
minutesPREP: 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

