

Cape Cod Meatballs Piquant

Source: From a Cape Cod cookbook.

Carolyn T's
Cookbook

Servings: 36



Yield: 72 pieces

Notes: If you want to simplify this, buy ready-made, pre-cooked, frozen (mini) meatballs at Trader Joe's. Put together the sauce, add the defrosted meatballs and heat in the oven for about an hour at 250°, then serve as above. This recipe assumes each person will eat two meatballs. These are on the sweet side, obviously.

Description: Sweet and sour, but not like you think. It's not Chinese in the least.

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

1. Meatballs: combine beef, eggs, water, bread crumbs, onion, salt and pepper. Shape into walnut sized balls and set aside.
2. Sauce: In a large Dutch oven or deep saucepan, combine remaining ingredients (except parsley). Bring to a boil, reduce heat and simmer until cranberry sauce has melted. Add meatballs and simmer for 45 minutes, gently stirring to make sure none stick. Serve hot in a chafing dish sprinkled with parsley. Or, alternately, if you use the Trader Joe's pre-cooked meatballs, you can heat these in a crock pot for several hours. They just have to be heated through.

MEATBALLS:

- 2 pounds ground beef
- 2 whole eggs
- 1/4 cup water
- 1 cup bread crumbs
- 1 small onion, finely chopped
- 1 1/2 teaspoons salt
- 1/8 teaspoon black pepper

SAUCE:

- 16 ounces cranberry sauce, use sauce, not cranberry jelly
- 12 ounces chili sauce
- 3 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons parsley, minced

Categories: Appetizers

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 119 Calories; 7g Fat (54.0% calories from fat); 5g Protein; 9g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.