Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love



Prep Time: 15 minutes	Cook Time: 25 minutes	Total Time: 40 minutes	Servings: 4 – 6

Ingredients

- 1 lb ground beef (or ground turkey)
- 1/2 cup breadcrumbs
- 1 egg
- 3 cloves garlic, minced
- 1/4 cup finely chopped onion
- 1 tbsp fresh parsley (or 1 tsp dried)
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper

Barbecue Glaze

- 1 cup barbecue sauce
- 1 tbsp honey (optional)
- 1 tsp apple cider vinegar
- 1 tsp Dijon mustard (optional)

Instructions

1. **Make the meatballs:** In a large bowl, combine ground beef, breadcrumbs, egg, garlic, onion, parsley, oregano, salt, and pepper. Mix gently until just combined.
2. **Form:** Roll into 1–inch meatballs (about 18–20 meatballs).
3. **Cook:** Brown the meatballs in a large skillet over medium heat for 8–10 minutes, turning until cooked through (160°F internal temperature).
4. **Make the glaze:** In the same skillet, add barbecue sauce, honey, vinegar, and mustard. Stir until combined.
5. **Add & simmer:** Return the meatballs to the skillet and toss to coat in the sauce. Simmer for 3–5 minutes until sticky and heated through.

SIMPLE INGREDIENTS | BOLD FLAVORS | EASY RECIPES | MADE WITH HERBS

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