

# Meatballs by Lynn's Recipes

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A great meatball recipe that you can use as an appetizer or a main dish. This is my friend Amy's recipe and it is always a hit at neighborhood parties. You can brown these in a skillet over medium heat and drain, if desired. I bake them in the oven.

## **Meatballs:**

## **Ingredients:**

- 1 pound ground beef
- 1 egg
- $\frac{1}{2}$  cup soft bread crumbs
- $\frac{1}{4}$  cup milk
- $\frac{1}{3}$  cup finely chopped onion
- $\frac{1}{2}$  teaspoon Worcestershire Sauce

## **Sauce:**

- $\frac{1}{2}$  cup ketchup
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{3}$  cup sugar
- $\frac{1}{3}$  cup vinegar
- 1 Tablespoon Worcestershire sauce
- $\frac{1}{8}$  teaspoon pepper

Mix first 6 ingredients well. Shape into 1" balls. Place on a parchment lined cookie sheet and place in a 350° preheated oven for about 10-15 minutes. Place in a 2-1/2 quart baking dish that

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has been sprayed with cooking spray. Combine sauce ingredients. Pour over meatballs. Bake, uncovered, at 350° for 50-60 minutes.

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