

BAKING

Wikipedia: Baking is the technique of prolonged cooking of food by dry heat acting by convection, and not by radiation normally in an oven, but also in hot ashes, or on hot stones.



Spicy Baked Meatballs

Ingredients:

- 1 lb lean (7% fat) ground beef
- 1 small can water chestnuts, drained and finely chopped
- 1/4 c dried plain bread crumbs
- 1/4 c egg beaters or 1 large whole egg
- 2 tbl plus 2 c Mr. G's Spicy Garlic Teriyaki or Thai Chili Barbecue Sauce**
- 2 small shallots chopped fine
- 1 tsp minced garlic
- salt and ground black pepper to taste

(OVER)

Preparation:

Preheat the oven to 375 degrees F (190 degrees C). Spray a jellyroll pan with nonstick spray.

Combine the ground beef, water chestnuts, bread crumbs, egg beaters or whole egg, **Mr. G's Spicy Garlic Teriyaki or Thai Chili Barbecue Sauce**, shallot, garlic and salt and pepper in a medium bowl until well blended.

Shape the mixture into 30-36 meatballs and place in the pan. Lightly spray with nonstick spray.

Cook the meatballs in the preheated oven 20-25 minutes until the meat is cooked through.

Serve by heating the remaining 2 cups **Mr. G's Spicy Garlic Teriyaki or Thai Chili Barbecue Sauce** in a pan or the microwave and adding the meatballs.

Compliments of: Mr. G's Teriyaki
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