



Spicy Sweet & Sour Party Meatballs

Prep time: 15 min | Cook time: 15 min | Total Time: 30 min | Servings: about 30 meatballs

Ingredients

Meatball Ingredients

- 1.5 lb lean ground beef
- 1/2 cup Panko breadcrumbs (use gluten-free breadcrumbs, if needed)
- 2 garlic cloves, grated
- 1/2 medium onion, grated
- 1 egg
- 1 tsp salt
- 1/2 tsp ground black pepper

Sauce Ingredients

- 1 cup Frank's Redhot Original sauce
- 1 cup light brown sugar
- 3/4 cup ketchup
- 1/4 cup apple cider vinegar
- 1/2 tsp salt
- 1/4 tsp red pepper flakes (optional)

Optional Garnishes

- sliced green onions

Directions

1. Preheat oven to 400 degrees F.
2. Grate 1/2 of an onion and 2 garlic cloves into a large mixing bowl using a box grater. Add the rest of the meatball ingredients. Use your hands to mix all of the ingredients together.



3. Using a medium cookie scoop, portion meat into about 1.5” meatballs. I like to make these a little smaller than regular meatballs, so they are bite sized. Shape meatballs by rolling between the palms of your hands to form a ball. Line them up on a nonstick baking sheet or a baking sheet lined with parchment paper. Bake for about 15-20 minutes until meatballs are cooked through to at least 160 degrees F.
4. While the meatballs are cooking, prepare the sauce. Combine the sauce ingredients in a saucepan and bring to a boil. Reduce the heat to a high simmer. Simmer for 10 minutes until the sauce thickens a bit. Turn off the heat. Reserve 1/2 cup of the sauce for dipping.
5. When meatballs are done cooking, toss the meatballs in the sauce to coat.
6. You can place these in a slow cooker to keep warm or if you are serving right away, just plate and serve with a side of the remaining sauce. I like to use a cast iron skillet and just serve right from the pan with [cocktail picks](#).