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# be cool grandpa

Inspired by, Be Cool Grandma

## meatballs -sweet & sour

Serves: 6+

Prep time: 20 mins.  
Cook time: 30 mins.

Skill level: easy

Cooking method: Oven  
@350



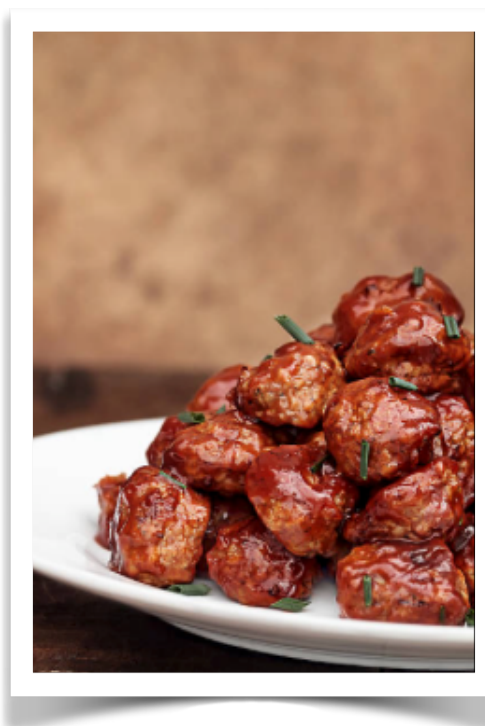
### ingredients:

#### Meatballs:

- 2 lbs lean ground beef
- 1 cup rolled oats
- 2 eggs, slightly beaten
- 2/3 cup onion, finely chopped (or 1/4 cup dehydrated onion.
- 1 1/4 tsp salt and pepper
- 1 1/2 tsp. Worcestershire sauce
- 2/3 cup milk

#### Sauce:

- 1 cup brown sugar
- 1/2 cup vinegar
- 2 tsp. Yellow mustard
- 1/2 cup favorit BBQ sauce
- 2 tsp. Worcestershire sauce
- 1 tbsp chives for garish



### instructions:

Preheat oven to 350 degrees.

#### Meatballs:

Step 1 - Combine and hand-mix, ground beef, oats, eggs, onion, salt & pepper, Worcestershire and milk.

Step 2 - Form into balls about 1 1/2 inch. In diameter

Step 3 - Place meatballs in (2) 9 x 13 inch casserole dish, single layer. You will make about 54+ meatballs.

**Sauce:**

Step 1- In a bowl, combine brown sugar, vinegar, mustard, bbq sauce, Worcestershire.

Step 2 - Pour the mixture over the meatballs.

Step 3 - Bake at 350 degrees for 30 minutes.

**grandpa's thoughts:**

This goes great with rice or pasta. It also makes a wonderful appetizer when you serve it with cubed cheese with a toothpick.

If you make some extra they freeze nicely for a rainy day or a quick dinner.