



Meatballs in Apricot Barbeque Sauce

INGREDIENTS

- 1.5 LBS GROUND BEEF**
- 2 TABLESPOONS DRIED MINCED ONIONS**
- 2 TABLESPOONS DRIED ZUCCHINI (OPT.)**
- 2 TABLESPOONS WORCHESTER SAUCE**
- SALT AND PEPPER TO TASTE**
- 1 EGG**
- 2 TABLESPOONS MILK**
- 1/4 CUP PEPSI**
- 2 CUPS BARBEQUE SAUCE**
- 1/2 CUP APRICOT JAM**
- 1 8 OZ. CAN TOMATO SAUCE**
- 4 OZ. WATER**

STEPS

- 1. IN A MEDIUM BOWL, PUT THE GROUND BEEF, ONIONS, ZUCCHINI, WORCHESTER SAUCE, SALT AND PEPPER, EGG AND MILK ALL TOGETHER. MIX THOROUGHLY. (I USE MY HANDS.)**
- 2. HEAT A LARGE SKILLET AND SPRAY WITH COOKING SPRAY.**
- 3. FORM THE GROUND BEEF MIXTURE INTO WALNUT SIZED BALLS AND BEGIN TO BROWN THEM IN THE SKILLET.**
- 4. HEAT THE OVEN TO 350 DEGREES.**
- 5. WHEN THE MEATBALLS ARE BROWNEED, PLACE THEM ON A COOKIE SHEET AND PLACE THEM IN THE OVEN TO BAKE FOR 15-20 MINUTES.**
- 6. MEANWHILE, IN THE SKILLET THAT WAS USED TO BROWN THE MEATBALLS, DEGLAZE THE PAN WITH THE PEPSI. THEN, ADD THE BARBEQUE SAUCE AND THE APRICOT JAM AND STIR ALL TOGETHER.**
- 7. WHEN WELL BLENDED, ADD THE REMAINING INGREDIENTS, STIR AND SIMMER UNTIL THE MEATBALLS ARE READY TO COME OUT OF THE OVEN.**
- 8. PLACE THE MEATBALLS BACK INTO THE SKILLET WITH THE SAUCE. STIR THEM AND COAT THEM WITH THE SAUCE AND ALLOW TO SIMMER FOR A FEW MINUTES.**
- 9. SERVE AS MEATBALL SANDWICHES IN BUNS, OR OVER RICE.**