



AF BBQ Meatballs

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Categories: Main Dish - Beef, Sauces - Marinara

Servings: 5

Description: A super good and easy way to make meatballs. This recipe also has a great sauce.

Source: : Captain's Shack, Boise, ID

Preparation Time: 10 minutes Start to Finish Time: 25 minutes

Ingredients - Meatballs

1 1/2 lbs ground Beef,
85%
1/2 c Almond Meal
1 c chopped Onions
3 lg Garlic cloves, sliced
thin
1 Egg, beaten
1/4 c shredded Cheddar
Cheese
1 T Worcestershire
Sauce
1 t McCormick's Grill
Mates Steak Seasoning,
or of your choice
Celtic Sea Salt and fresh
ground Tellicherry Black
Pepper to taste
1/2 c Sauce, see below
Ingredients - Sauce
1 c Fire Roasted
Tomatoes
2/3 c Ketchup
1 T Honey
4 T Apple Cider Vinegar
3 T Liquid Smoke
1/4 c Jack Daniels
1 t Smoky Paprika,
optional
1 t Sriracha or to taste
1/2 t fresh ground
Tellicherry Black Pepper
3 T Garlic Powder
1 T Onion Powder
Celtic Sea Salt to taste
4 T Water, optional to
thin the sauce if needed

Directions - Meatballs

1) Add the ground chuck beef, almond meal, onions, garlic, cheddar, egg, Worcestershire sauce, and seasonings to a large bowl. Using clean hands, combine the ingredients and form one large ball. Use a spoon and form 10 smaller meatballs. You can sit them on parchment paper to avoid contamination.
2) Load the meatballs into the air fryer. It's ok to stack them. I chose to cook them in batches instead. Optional: Line the air fryer with air fryer liners to prevent sticking. You can also spray the air fryer basket with cooking oil. Cook the meatballs for 8 minutes on 365° F. Open the air fryer and flip the meatballs. Cook for an additional 5-8 minutes until the meatballs reach an internal temperature of 165° F. Remove the meatballs from the air fryer and drizzle in BBQ sauce.

Directions - Sauce

1) Place a saucepan on medium-high heat. Add all of the ingredients to the pan and stir. Use a submersible blender if necessary. Reduce the heat to low and cover the pan. Simmer for 5-8 minutes. Remove the cover and stir the sauce. I like thick BBQ sauce. If the sauce is too thick for your liking, add 4 tablespoons of water and stir. To continue to add an additional tablespoon of water until the sauce reaches your desired texture.

