



# Mini Meatballs



**START TO FINISH:** 75 minutes • **SERVINGS:** 18 meatballs

## INGREDIENTS

(For meatballs)

- 1 pound lean ground beef
- 1 egg
- 1 slice bread, whole grain (for bread crumbs)
- 1/4 cup whole milk
- 1/3 cup fresh onion, chopped
- 1 teaspoon salt
- 1/2 teaspoon Worcestershire sauce, low sodium

(For sauce)

- 1/2 cup unsweetened ketchup
- 1/2 cup fresh onion, chopped
- 1/3 cup Splenda no-calorie sweetener, granulated
- 1/3 cup vinegar
- 1 tablespoon Worcestershire sauce, low sodium
- 1/4 teaspoon black pepper

## INSTRUCTIONS

Heat oven to 350 F. Mix together beef, egg, bread crumbs, milk, onion, salt and Worcestershire sauce. Form mixture into one-inch balls. Place meatballs in a frying pan and cook over medium heat until browned.

Mix together ketchup, onion, sugar substitute, vinegar, Worcestershire sauce and pepper. Spoon sauce over meatballs.

Move pan to oven and bake 50-60 minutes.

## NUTRITION INFORMATION

Each serving contains 70 calories, 4 grams total fat, 6.5 grams protein, 3 grams carbohydrates and 60 mg sodium.