



Mini Local Raised Beef Meatballs with Berry Balsamic Barbecue Sauce

- Barbara Linder

Mini Local Raised Beef Meatballs

- 1 pound local lean ground beef (Rolling Hills Farm was used)
- 1/2 cup quick cooking oats
- 1/4 cup milk (skim preferably)
- 2 Tablespoons very finely minced shallot
- 1 teaspoons fresh thyme
- 1 teaspoon salt
- Ground black pepper, to taste
- Olive Oil

Combine first 7 ingredients. Form into small balls, about 1" in diameter. Heat oil over medium high heat. Brown meatballs on all sides until cooked through, about 10 minutes. Makes about 35 meatballs. Serve on picks with Mixed Berry Balsamic Barbeque Sauce.

Berry Balsamic Barbeque Sauce

- 2 cups mixed berries (raspberries, blueberries, strawberries)
- ¼ cup balsamic vinegar
- 3 T sugar (or sugar substitute)
- 3 T ketchup
- ½ t garlic powder
- ¼ t salt

Bring all ingredients to a boil in a saucepan and reduce to a simmer. Simmer for 15 minutes or until the mixture begins to thicken. Remove from heat and allow to cool. Pour mixture in to a blender or food processor and process until smooth.