



Fruity & Tangy Cocktail Meatballs



1/8th of recipe (3 meatballs with about 2 tbsp. sauce):
135 calories, 2.5g total fat (1g sat. fat), 191mg sodium,
15g carbs, 0.5g fiber, 14g sugars, 12g protein

Prep: 15 minutes **Cook:** 10 minutes plus 3 - 4 hours

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Ingredients

Meatballs

1 lb. raw extra-lean ground beef (4% fat or less)
1/2 cup finely chopped mango
2 tbsp. ketchup
1 tsp. dried minced onion
1/4 tsp. salt

Sauce

One 15-oz. can peach slices packed in juice, drained
1/2 cup low-sugar or sugar-free apricot preserves
1/4 cup apple cider vinegar
1 tbsp. sriracha hot chili sauce

Directions

Preheat oven to 450 degrees. Spray a large baking sheet with nonstick spray.

In a large bowl, thoroughly mix meatball ingredients. Form into 24 meatballs, and place on the baking sheet.

Bake until cooked through, 8 - 10 minutes.

Meanwhile, in a blender or food processor, pulse peaches until mostly smooth. Transfer to a slow cooker. Add remaining sauce ingredients, and mix well.

Carefully transfer meatballs to the slow cooker, and stir to coat. Cover and cook on low for 3 - 4 hours.

Stir well, and serve meatballs with sauce.

MAKES 8 SERVINGS

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