

QUICK AND EASY ASIAN MEATBALLS

Yield: 28 meatballs

INGREDIENTS:

- **2 lbs. grass feed ground beef**
- **2 Tbsp. Worcestershire sauce**
- **2 Tbsp. sesame oil**
- **1 Tbsp. olive oil, to grease the pan**
- **1 Tbsp. sesame seeds, to sprinkle meatballs at the end, optional**

SAUCE

- **1/3 cup Hoisin sauce, gluten free**
- **1/3 cup honey**
- **1/4 cup rice wine vinegar**
- **1/4 cup ketchup**
- **1 Tbsp. sesame oil**

DIRECTIONS:

Preheat oven to 400F.

In a bowl, mix together meatball ingredients, except olive oil, and shape into balls. I shaped my balls rather large so I obtained 28. Grease your baking pan with the olive oil and place meatballs in it. Bake for 15-20 minutes, or until meatballs are cooked through.

While the meatballs are baking, in a bowl, whisk together all of the sauce ingredients until mixed through. When the meatballs are done, discard any liquid that the beef might have generated and pour sauce over cooked meatballs. Stir them until they are all covered with the sauce. Sprinkle some sesame seeds if using.

Serve while warm.