

kidstir

Sesame Meatballs

Party food on a stick



Hole punch to fit in your cookbook!

hands-on time: 5 minutes

tools:

- measuring spoons & cups
- large bowl
- baking sheet
- sauce pan or crockpot

Looking for a hearty finger food for a party or a small plate supper? Serve up a platter of these mini meatballs. Bake them first in the oven, then simmer in a honey garlic soy sauce on the stove or in a crockpot. We used ground beef and pork, but you can substitute ground lamb or turkey to suit your family's taste.

Grown-up steps and notes

step-by-step instructions

1. In a large bowl, mix the ground meats, egg, garlic, bread

start-to-eat time: 5 minutes

kids kitchen skills:

- measuring
- broiling in an oven
- cooking on stove (or in a crockpot)

ingredients

Meatballs

- 1/2 pound ground pork
- 1/2 pound ground beef
- 1 egg
- 1 garlic clove, crushed
- 2 tablespoons panko bread crumbs


Sauce

- 1/4 teaspoon salt
- 1/4 cup soy sauce (low-sodium)
- 1/4 cup ketchup
- 2 tablespoons honey
- 1 garlic clove, crushed
- 1 tablespoon sesame seeds

Makes 4 Servings

Cut out to fit in your cookbook!

crumbs, and salt. Make 1 to 2 inch meatballs and place them on a baking sheet. Wash your hands well!

 A grown-up can help broil the meatballs on high for 10 minutes, turning them with tongs halfway.

3. Mix together the soy sauce, ketchup, honey, and garlic in a saucepan or crockpot. Place the meatballs in the pan or crockpot. Simmer the meatballs for about 30 minutes over the stovetop, or cook on low for 2 hours in the crockpot. If the sauce gets too thick, add a little water or broth.

4. Serve up the meatballs on a plate. Sprinkle with sesame seeds. Eat with toothpicks or party picks.

notes:

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