

Korean Barbecued Meatballs

Makes: 20 appetizers

Prep: 30 minutes

Chill: 1 hour

Grill: 10 minutes

Ingredients

- 1 pound lean ground beef
- 1/3 cup minced green onions
- 1/4 cup chopped onion
- 3 Tbsp soy sauce
- 2 Tbsp sesame seeds, toasted
- 1 Tbsp sugar
- 1 Tbsp vegetable oil

Directions

1. Combine the beef, green onions, chopped onion, soy sauce, sesame seeds, sugar, and oil in a medium bowl. Shape meat mixture into 1-inch balls. Transfer meatballs to a 15 x10 x1-inch jelly-roll pan; cover and refrigerate for 1 hour.

2. Meanwhile, soak 20 wooden skewers in water for 30 minutes. Prepare grill or preheat broiler. Thread 2 meatballs on each skewer, then grill over medium coals for 5 to 6 minutes per side or until meatballs are no longer pink. Serve immediately. Makes 20 appetizers.

Nutrition Facts

- Servings Per Recipe 20 appetizers
- Calories 60,
- Total Fat (g) 4,
- Saturated Fat (g) 1,
- Cholesterol (mg) 4,
- Sodium (mg) 167,
- Carbohydrate (g) 1,
- Protein (g) 4,
- Percent Daily Values are based on a 2,000 calorie diet