

# Quick Break Meatballs

## Cocktail Meatballs

### **Ingredients:**

1 Family size bag of frozen meatballs (either Homestyle or Italian)

1 large jar of grape jelly (30 oz)

2 (Heinz) Chili Sauce (12 oz bottles)

1 Pineapple fruit cup (tidbits)

Pepper and garlic to taste

Optional (few drops of your favorite hot sauce)

### **Directions:**

This can all be mixed at same time in a crock pot but will take a couple hours for meatballs to heat up and the sauces to blend.

But when you are really in a hurry, I pour the grape jelly and chili sauce in a microwave safe bowl and heat it for about 45-60 sec increments. Mix the jelly and the sauce in between. Generally, I only do this 3 times until the jelly softens and blends more with the chili sauce.

Mix in fruit cup of pineapple tidbits.

(Optional add garlic, pepper, hot sauce to taste).

Place defrosted meatballs in crockpot.

Pour sauce mixture over meatballs in crockpot.

Turn on crockpot high the 1<sup>st</sup> hr., stir occasionally until the jelly and chili are a well -blended sauce.

Reduce crockpot setting to low to keep warm.

The longer the meatballs stay in the sauce the better they taste.

Great for parties and potlucks.

Remember it's Grape JELLY (not jam) &CHILI Sauce (not cocktail sauce)!

If you like the heat, I use 3-5 drops of hot sauce from Mean Pig BBQ in Cabot ("Shut Up Juice").

*Submitted by: Valerie Sternberg RN*