

Apple Butter Beef Meatballs

Recipe makes 4-5 servings, each serving
is:

337
kcal

13 g
fat

25 g
carbs

30 g
pro

Ingredients

Simple meatballs

- 400-500 g extra lean ground beef
- 1-2 tsp garlic powder
- Salt & pepper

Apple Butter Sauce

- 150 ml apple butter barbeque sauce
- 1-2 Tbsp apple jelly
- 1-2 Tbsp Dijon mustard
- 100 ml water
- Salt & pepper

Directions

1. Form the meatball into 20-25 equal sized meatballs. Transfer to an air fry and fry until ~75% cooked through about 130 degrees F.
2. In a large fry pan add the partially cooked meatballs and the apple butter sauce. Bring to a light simmer and cover. Cook for around 10-12 mins until the beef reaches an internal temp of 155 degrees F.
3. Pair with some rice and some cooked veg or a side salad. Enjoy!

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