



*cara price*

## BBQ RANCH MEATBALLS

### INGREDIENTS

2 pounds ground beef  
1/2 yellow onion, finely chopped  
1/4 cup gluten-free flour  
1 egg  
1 tablespoon coconut aminos  
1 tablespoon tomato paste  
1 tablespoon salt  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon dried dill  
1/2 teaspoon dried chives  
2 cups BBQ sauce, no sugar added  
3 tablespoons water  
spray oil

### DIRECTIONS

preheat the oven to 425°.

in a large bowl, combine the ground meat, onion, coconut aminos, tomato paste, egg, salt & seasonings.

once the meat mixture is well mixed, add in the gluten-free flour & mix well again, making sure all the flour is mixed well into the meat mixture.

use a large spoon to scoop out equal amounts of meat & roll it into tight balls.

spray a large 9x13 baking-rimmed glass dish with cooking spray & place the meatballs in it.

bake the meatballs for 15 minutes. While the meatballs are baking, combine the 2 cups of BBQ with the water.

pour the sauce over the meatballs & then turn your oven to broil. continue cooking meatballs with the sauce for another 2-3 minutes.

remove from the oven & serve.