



Frugal -BBQ Meatballs with Cheese Grits



Serving: 4



Cook Time: 40 mins



Level: Easy



INGREDIENTS

- BBQ Meatballs:
- 1 lb. ground pork
- 1 large egg
- 1/4 cup breadcrumbs
- 1 cup BBQ sauce, divided
- 1/2 tsp salt
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Cheese Grits:
- 2 cups chicken broth
- 2 cups milk
- 1/4 tsp garlic powder
- 1 cup quick cooking grits
- 1/4 tsp salt
- 2 Tbsp butter
- 1/4 tsp freshly cracked black pepper
- 1 cup shredded cheddar

PREPARATION

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Add the ground pork, egg, breadcrumbs, 2 Tbsp BBQ sauce, salt, smoked paprika, and garlic powder to a bowl. Use your hands to mix the seasoning into the pork until everything is well combined.
3. Divide and shape the pork mixture into 16 meatballs about the size of ping pong balls. Place the meatballs on the prepared baking sheet.
4. Transfer the meatballs to the oven and bake for 20-25 minutes, or until browned and cooked through.

PREPARATION (CONT.)

5. While the meatballs are baking, prepare the cheese grits. Combine the chicken broth, milk, and garlic powder in a medium saucepot. Place a lid on top and bring it up to a boil over medium-high heat, stirring occasionally to prevent the milk from scorching.
6. Once boiling, stir in the quick cooking grits and salt. Turn the heat down to medium-low and let the grits simmer for about 5 minutes or until thickened, stirring occasionally.
7. Remove the grits from the heat and stir in the butter and pepper. Next, stir in the shredded cheddar, one handful at a time, until fully melted into the grits.
8. Once the meatballs have finished baking, add them to a clean bowl and pour the remaining BBQ sauce over top. Stir to combine. The heat from the meatballs will warm the BBQ sauce. If your BBQ sauce is cold from refrigeration, you may want to heat the meatballs and sauce in a saucepot over low for a few minutes.
9. To serve, place about one cup of the cheese grits in the bottom of a bowl. Top with four meatballs and some of the BBQ sauce. Enjoy!