



GFP Meatballs With Groats

Yields 4-6 servings

Ingredients:

- 1/2 C cooked GFP groats
- 1/2 C water
- 1/3 C chopped onion
- 1 tsp salt
- 1/2 tsp celery salt
- 1/8 tsp pepper
- 1/8 tsp garlic powder
- 1/2 pound Italian sausage
- 1/2 pound ground beef or turkey or bison
- 2 TB canola oil



Huckleberry Sauce:

- 1/3 C ketchup
- 1 tsp apple cider vinegar
- 2 TB huckleberry jam (you can use a different jam if you need to substitute)

Directions:

1. In a bowl, combine the first seven ingredients.
2. Add meats and mix well.
3. Shape into 1-1/2-in. balls.
4. In a large skillet, brown meatballs in oil; drain.
5. Reduce heat; cover and simmer for 1 hour.
6. Combine ketchup, vinegar, and jam.
7. Pour over meatballs.
8. Enjoy!