

## Delicious Barbeque Meatballs

### Ingredients

- \* 1 lb. Ground Grass-Fed beef
- \* Splash of port
- \* Parsley
- \* Garlic salt
- \* Grated onion – browned and drained
- \* Barbeque sauce
- \* Apricot jam

### Method

Mix by hand and for a minimal amount of time, the beef, port, parsley, garlic salt, salt, pepper, onion in a bowl. Shape balls with minimal rolling as the meat requires little heat to cook. Bake in the oven for 12-15 minutes. Mix ½ cup barbeque sauce and apricot jam in a bowl. Add a bit of water. When meatballs are done in the oven, put into a slow cooker along with barbeque mixture. Cook on low setting for 1-2 hours stirring occasionally.