



Cheryl's HERBAL BARBECUE MEATBALLS

These Herbal Barbecue Meatball Bites are juicy, bite-sized meatballs seasoned with garlic and garden herbs, then glazed in a smoky-sweet barbecue sauce. Perfect for appetizers, meal prep, or an easy skillet dinner.



PREP TIME:
15 minutes



COOK TIME:
25 minutes



TOTAL TIME:
40 minutes



SERVINGS:
4 – 6



INGREDIENTS:

- 1½ lbs ground beef (or ground turkey)
- ½ cup breadcrumbs & 1 large egg
- 3 cloves garlic, minced
- ¼ cup onion, finely grated
- 1 tbsp fresh parsley (or 1 tsp dried)
- ½ tsp dried oregano
- ½ tsp dried basil & ½ tsp dried thyme
- ¼ tsp smoked paprika
- ¼ tsp ground ginger (adds warmth, optional but great here)
- ½ tsp sea salt & ¼ tsp black pepper
- 2 tbsp milk

Barbecue Glaze

- ¾ cup barbecue sauce
- 1 tbsp honey (optional, for sweetness)
- 1 tbsp apple cider vinegar & 1 tbsp butter
- 1 tsp Dijon mustard (optional for depth)
- ½ tsp chili powder or cayenne (optional for heat)



*Juicy, herby meatballs with a smoky-sweet glaze
— made with love by Cheryl!*



BENEFITS:

Parsley – supports nutrient intake and freshness of flavor.

Oregano & Basil – rich in natural plant antioxidants.

Thyme – traditionally used for respiratory support.

Garlic – supports heart and immune health.

Ground Ginger – adds warming digestion support and flavor depth.



INSTRUCTIONS:



MAKE THE MEATBALLS

Preheat oven to 400°F (200°C) or prepare a skillet. In a large bowl, combine all meatball ingredients. Mix gently until just combined. Roll into small bite-size balls (about 1 inch each).



COOK THE MEATBALLS (CHOOSE ONE)

OVEN METHOD Place on a lined baking sheet. Bake for 15–18 minutes, until browned and cooked through (160°F internal temp).



SKILLET METHOD Heat a little oil in a skillet over medium heat. Brown meatballs for 8–10 minutes, turning occasionally. Lower heat and continue cooking until done.



ADD THE BBQ GLAZE

In a skillet, melt butter. Stir in barbecue sauce, honey, vinegar, mustard, and chili powder. Add cooked meatballs and toss to coat. Simmer for 3–5 minutes until sticky and glossy.

