

# Gluten Free Habit

## TERIYAKI COCKTAIL MEATBALLS (gluten-free)



Little bites of teriyaki heaven! Onion and garlic-seasoned meatballs combined with sweet teriyaki sauce makes each bite amazing. This is an easy no-fail recipe. No kidding. Make a ton because they will be gone faster than you can say, "gluten free"!

Makes: About 21 cocktail-sized meatballs

### INGREDIENTS:

#### *Bread Crumb Mix:*

½ cup gluten free  
breadcrumbs

1 tsp. salt

¼ tsp. ground black pepper

½ tsp. garlic powder

#### *Meatballs:*

1 lb. ground beef

¼ cup onion, minced

1 large egg

1 Tbsp. water

#### *Teriyaki Sauce:*

¾ cup light brown sugar

1 cup water

1 Tbsp. cornstarch

2 Tbsp. gluten free soy  
sauce

1 tsp. sesame oil

½ tsp. garlic powder

½ tsp. ground ginger

3 Tbsp. distilled white  
vinegar

### GETTING READY:

1. Mince onions
2. Line a baking pan with foil. Spray generously with cooking spray.
3. Preheat oven to 350°

### DIRECTIONS:

1. In small bowl mix together bread crumbs, salt, pepper, and garlic powder. Set aside.
2. In medium bowl combine ground beef, onion, egg, water, and bread crumb mix.
3. Gently mix together thoroughly with clean hands.
4. Form into meatballs using a small scooper.
5. Set meatballs on foil-lined pan.
6. Bake cocktail-sized meatballs for about 18-20 minutes, turning meatballs ½ way through cooking. Bake until fully cooked. Check largest meatball for doneness.
7. *While meatballs are cooking, prepare teriyaki sauce as follows:* In a medium-sized saucepan over medium heat, whisk together brown sugar, water, cornstarch, soy sauce, sesame oil, garlic powder, ginger, and vinegar.
8. Heat and whisk until bubbly, then reduce to simmer. Continue to heat for a few minutes, and check consistency.

9. If you want to thicken the sauce a bit, in a small bowl add 1 tsp. cornstarch with a couple tablespoons water. Stir. Add this mixture to teriyaki sauce while constantly whisking. Wait a few minutes and re-check consistency.
10. Repeat this process until desired consistency is met.
11. When meatballs are done, remove from oven.
12. Add meatballs to teriyaki sauce and gently stir to coat. Simmer a few minutes.
13. Transfer to serving dish.
14. Optional: Top with sesame seeds and green onion
15. Serve hot!