



Baked Caribbean Chicken Meatballs with Spicy-Sweet BBQ Sauce
Double chocolate makes the smooth difference

Rich Spicy-Sweet Barbecue Sauce (Make Ahead)

- 2 Tablespoons olive oil
- 1/2 cup chopped onion
- 1/4 teaspoon baking soda
- 1 clove garlic, minced
- 1-ounce dark chocolate chips (about 1/4 cup)
- 1 cup ketchup
- 3 Tablespoons (each) light brown sugar; prepared dark coffee
- 1 Tablespoon (each) molasses; white Balsamic vinegar
- 1 Tablespoon (each) unsweetened cocoa powder; Worcestershire sauce
- 1 teaspoon (each) dry mustard; chili powder; salt
- 1/4 teaspoon ground black pepper
- 4 to 6 Tablespoons water as desired

Cook Onions: Add oil into a medium quart saucepan over medium heat; stir in onions and baking soda; cover; cook for about 10 minutes until onions are golden and lightly browned.

Prepare BBQ Sauce: Stir in garlic and dark chocolate chips; add ketchup, brown sugar, coffee, molasses, vinegar, cocoa powder, Worcestershire sauce, dry mustard, chili powder, salt and pepper; stir occasionally, adding water until desired sauce consistency and combining flavors, about 4 minutes. Set aside to serve with chicken meatballs.

Yield: about 1-1/2 to 2 cups sauce

Baked Caribbean Chicken Meatballs

1-ounce soft raisin or challah bread, crusts removed

2 Tablespoons almond milk

1/2 cup chopped onions

1-1/2 to 2 teaspoons adobo seasoning

1 garlic clove, minced

1/4 cup crumbled goat cheese

2 teaspoons minced parsley

1 large egg, lightly beaten

1-pound ground chicken

Preheat oven to 400 degrees F. Foil line a 17x11-inch shallow baking pan. Lightly spray with olive oil or nonstick spray.

Prepare Chicken Meatballs: In a medium sized bowl, soften torn bread with almond milk until very moist. Add onions, adobo seasoning, minced garlic, goat cheese, parsley, and egg; mix to combine. Toss with ground chicken to lightly combine together.

Bake Chicken Meatballs: Using a cookie scoop, shape the mixture into 23 small meatballs on prepared baking pan so they are not touching. Spray the tops of the meatballs with olive oil spray. Bake in preheated oven for 20 minutes or temperature tested 165-degree F. Remove from oven; rest 5 minutes; loosen meatballs in pan.

To Serve: Place one third of hot prepared BBQ sauce in 10 to 12-inch round serving dish; arrange meatballs on BBQ sauce; spoon remaining

sauce over meatballs as desired. Sprinkle the top of dish with chopped parsley. Yield: 23 meatballs

Cook's Note: If you want to brown both sides of meatballs, turn once during baking; spray again lightly with olive oil.

About the Recipe: Spicy sweet chicken meatballs use an easy oven baking method and are packed with Caribbean flavor. Team these with some rich BBQ sauce and slices of toasted thick bread or hand breads to make some seriously delicious, barbecued chicken meatball sandwiches.