

| | |
|--------------------------------|---|
| VANDAL Meatballs | <i>Our recipe embodies the “Brave” and “Bold” theme by utilizing meats from the Vandal Meats and a “Bold” sweet and savory combination of seasonal spices and jam. This is an appetizer that is sure to make Joe Vandal feel right at home. Tried and true to make hunger subdue.</i> |
| FROM THE KITCHEN OF | <i>Jacob Smith and Kjell Rasmussen</i> |
| TOTAL SERVINGS | <i>10</i> |
| SERVING SIZE | <i>4 meatballs, and 1 tablespoon cranberry sauce</i> |
| DIETARY CONSIDERATIONS | <i>Contains gluten</i> |
| WINE PAIRING SUGGESTION | <i>Elderberry mead wine, or your favorite sweet red wine</i> |

INGREDIENTS FOR: VANDAL Meatballs

| | |
|----------------------|------------------------------------|
| 1 pound | <i>80/20 Ground beef</i> |
| 1 | <i>Egg</i> |
| ½ cup | <i>Breadcrumbs</i> |
| ¼ cup | <i>Chopped white onion</i> |
| ½ teaspoon | <i>Allspice “divided”</i> |
| ½ teaspoon | <i>Salt “divided”</i> |
| ¼ teaspoon | <i>Pepper “divided”</i> |
| 1 tablespoon | <i>Unsalted butter</i> |
| 2 tablespoons | <i>All-purpose flour</i> |
| 1/3 cup | <i>Heavy whipping cream</i> |
| 1 ½ cup | <i>Beef broth</i> |
| 14 ounce can | <i>Whole berry cranberry sauce</i> |
| 2 teaspoons | <i>Fresh parsley</i> |

DIRECTIONS

| | |
|---------------|--|
| NOTE | Warm up the palate by serving as an appetizer for your vandal Thanksgiving dinner |
| STEP 1 | <i>Finely chop onion, then combine with ground beef, egg, breadcrumbs, and half of the allspice (¼ teaspoon), salt (¼ teaspoon), and pepper (1/8 teaspoon) into a medium sized bowl.</i> |

| | |
|---------------|---|
| STEP 2 | <i>Mix until everything is evenly combined, then roll into 3/4" – 1" sized balls.</i> |
| STEP 3 | <i>Evenly spread out meatballs into a large pan and cook on a medium-low heat for 10-15 min or until brown then flip and cook for an additional 10-15 minutes or until brown. Check to make sure the internal temperature is at least 155 degrees Fahrenheit.</i> |
| STEP 4 | <i>Set meatballs aside into a separate container.</i> |
| | <i>Instructions for gravy</i> |
| Step 5 | <i>Melt butter into the same pan used for the meatballs. Add flour and mix until smooth.</i> |
| STEP 6 | <i>Add whipping cream, beef broth, and remaining allspice (¼ tsp), salt (¼ tsp), and pepper (1/8 tsp).</i> |
| STEP 7 | <i>Simmer on a low heat for 10-15 min or until medium thick stirring occasionally.</i> |
| STEP 8 | <i>Add meatballs back to the gravy and heat on low for 5 additional minutes.</i> |
| Step 9 | <i>Garnish with finely chopped parsley and serve with 1 tablespoon of cranberry sauce per serving.</i> |

NUTRITIONAL DATA

| | |
|---------------------------|-----------------|
| CALORIES | <i>262</i> |
| TOTAL FAT | <i>13.3 g</i> |
| CHOLESTEROL | <i>64.2 mg</i> |
| SODIUM | <i>266.4 mg</i> |
| TOTAL CARBOHYDRATE | <i>24 g</i> |
| PROTEIN | <i>9.7 g</i> |