

Ferraro's Cucina

Jamaica Jerk Meatballs

Ingredients

- 1 ½ lb lean ground beef
- 4 green onions chopped
- ¼ cup bell peppers, any color, diced
- ½ cup Panko breadcrumbs
- 4 cloves garlic, minced
- 1 egg
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 tsp Spice works Jerk marinade
- ¼ cup honey

Preparation

- Preheat oven to 400 degrees F.
- Line a baking sheet with aluminum foil, and set aside.
- In a large bowl, add the ground beef and all the meatball ingredients. Mix with your hands to combine. Make sure all the ingredients are incorporated well.
- Form the meatballs into 1 inch balls. Place the meatballs on to the baking sheet, and bake for 20 to 25 minutes. You can flip the meatballs over halfway through cooking if you'd like.
- Once the meatballs are cooked, garnished with chopped chives or green onions. You can serve with rice as a complete meal or as an appetizer.
- Enjoy!

