



BBQ Meatballs In Crockpot

To 1 1/2 lbs of ground meat, add 1/2 Tablespoon salt, 1/2 Tablespoon pepper, & 1 Tablespoon garlic powder. Mix well & roll out the meat into teaspoon-sized meatballs.

Warm 1 Tablespoon avocado oil in a skillet on medium-hot & add all meatballs.

Cook on one side for 2-3 minutes without moving or until golden brown.

Gently stir or flip to other side & do the same.

Mix 1 cup grape jelly (I used sugar free blackberry jelly & it was AMAZING) & 1 cup BBQ sauce (I used sugar free), & 1 Tablespoon liquid smoke.

Stir well & pour enough BBQ mix into bottom of crockpot to cover.

Add cooked meatballs & pour remaining BBQ mix on top until all meatballs are covered.

Cook on low 4 to 6 hours and enjoy!