

Teriyaki Meatballs



Ingredients

1/4 cup Rabeko Teriyaki Sauce
1/4 cup low fat beef broth
8 oz lean ground beef or turkey
1/2 cup grated zucchini
salt and pepper

The sweet teriyaki and the added zucchini make this dish amazing. Super simple, no fancy ingredients and you can make this in under 30 minutes, from scratch.

Instructions

Mix ground beef, zucchini, salt and pepper. Form meat balls, I make 14 - 1.5 " diameter.

Preheat you air fryer to 375. Place meatballs in air fryer, if you have a smaller air fryer you will need to cook in 2 batches.

Cook 5 minutes then flip and cook for another 5 minutes or internal temperature is about 140; slightly under cooked.

Blend Teriyaki sauce and beef broth really well. Heat in a sauce pan then add in meatballs and simmer until internal meat temperature is 160 - 165.

** tip - invest in a good meat thermometer for perfectly cooked meat every time.