

## Guinness Meatballs & Sauce

### Ingredients:

- 1 pound lean ground beef
- ½ cup Guinness Stout
- 1 egg
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 cup finely chopped onion
- 1/2 cup stuffing mix processed in food processor ( I used Pepperidge Farms seasoned stuffing mix)

### Sauce Ingredients:

- 2-11.2 oz Guinness stout
- ½ cup BBQ sauce
- ¼ cup honey
- 1-1/2 tbsp molasses
- 2 tsp dry mustard
- ½ onion chopped
- 1 tsp garlic salt
- Add at the end: 4 tsp cornstarch mixed with 1 tbsp sauce

### Instructions:

- In a large bowl add beef, Worcestershire sauce, garlic powder, pepper, diced onion, seasoned stuffing mix (ground into fine crumbs), Guinness beer, and an egg, mix and form into balls.
- **Oven instructions for meatballs:** Preheat oven to 425 degrees and spray a baking sheet with nonstick cooking spray. Place meatballs on a baking sheet and bake for 15 - 20 minutes.
- **Air Fryer instructions for meatballs:** Spray your air fryer tray with plenty of nonstick spray (or oil). Place formed meatballs on your tray and bake at 400 for 15- 20 minutes.
- While meatballs are cooking, Add Guinness, BBQ sauce, honey, molasses, dry mustard, diced onion, and garlic salt to a large skillet. Bring to a boil and turn down and let simmer 10 minutes.
- Bring sauce back to a boil. Mix cornstarch with 1 tablespoon of sauce and pour into sauce, stirring until thickened.
- Add meatballs, mix and serve.