

# Grilled Meatballs

Juicy grilled meatballs perfect for BBQ parties. Made with ground beef, onions, and spices. Easy 35-minute recipe serves 4.

20 min

PREP

15 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1.1 lb ground beef
- 1 onion
- 1 slice crumb
- 1 tsp salt
- 0.5 tsp cumin
- 0.25 tsp black pepper

## Instructions

### 1 Prepare the meat mixture

Combine 1.10 lb ground beef, 1 finely diced onion, 1 slice of bread (torn into small pieces or processed into breadcrumbs), 1 tsp salt, 1/2 tsp black pepper, and 1/4 tsp cumin in a large mixing bowl. Mix gently with your hands just until ingredients are evenly distributed, about 30 seconds - do not overmix or the meatballs will be tough.

### 2 Shape the meatballs

Wet your hands with cold water to prevent sticking. Pinch off walnut-sized portions of the mixture (about 2 tablespoons each) and gently roll into oval-shaped meatballs between your palms.

3 Place shaped meatballs on a plate and let rest at room temperature for 10-15 minutes to help them hold their shape during grilling.

### 4 Prepare the grill

Preheat grill to medium-high heat (about 190-230°C/375-450°F). Clean the grates thoroughly with a grill brush and oil them well using tongs and a paper towel soaked in vegetable oil.

## 5 **Grill the meatballs**

Place meatballs on the preheated grill, leaving at least 1 inch of space between each one. Grill for 6-7 minutes without moving them until they develop a golden-brown crust and release easily from the grates.

6 Turn meatballs carefully with tongs and grill for another 6-8 minutes until all sides are golden brown and the internal temperature reaches 71°C (160°F) when tested with an instant-read thermometer.

## 7 **Rest and serve**

Transfer grilled meatballs to a serving platter and let rest for 2-3 minutes to allow juices to redistribute. Serve immediately while hot.

## Tips

Wet your hands with cold water when shaping the meatballs to prevent the mixture from sticking to your palms.

Don't overmix the meat mixture - this can result in tough, dense meatballs. Mix just until ingredients are combined.

Make all meatballs the same size for even cooking. A small ice cream scoop or cookie scoop helps ensure uniformity.

Let meatballs rest at room temperature for 10-15 minutes before grilling to ensure more even cooking.

Oil the grill grates thoroughly and preheat to medium-high heat before adding meatballs to prevent sticking.

Turn meatballs only once during cooking to maintain their shape and develop a proper crust.

If meatballs are browning too quickly, move them to a cooler part of the grill to finish cooking through.

For extra flavor, soak wooden skewers in wine or herb-infused oil before threading the meatballs.