

## Mama B's Asian Five Meatballs

---

Everyone loves meatballs. They can be elegant, or standardly simple, yet the flavors and the fun can't be beat.

### **Ingredients:**

1-1/2 Lbs.	Ground pork (or beef)	1 Tbsp	Ginger, minced
2	Garlic cloves	2 Tbsp	Chives, minces
1/4 Cup	Olive oil	1/4 Cup	Chicken stock
2 Tsp	Island Honey	2 Tbsp	Coconut oil
1 Tsp	Mama B's Asian 5 Spices		

### **Directions:**

- Combine the ground pork, ginger, garlic, chives, Mama B's Asian 5 Spice blend.
- Mix everything until well combined, and roll by hand into 1-inch meatballs
- Pour olive oil in a skillet over medium-high heat.
- Cook the meatballs in batches for 8-10 minutes, turning every couple of minutes.
- When the meatballs are done, remove from the pan and set aside.
- Heat the coconut oil, chicken stock and honey in the same pan used for the meatballs and bring to a light simmer. Add the meatballs back to the skillet, tossing gently until well covered.



*Spice  
Blend:  
Asian 5  
Spices*

