



SECOND CHANCE FOODS

Jerk Turkey Meatballs w/ BBQ Pineapple Glaze



45 min

Cook & Prep Time



12-24

meatballs

Ingredients:

- 1 Lb • Ground Turkey or Chicken
- 1/2 cup • Onion, minced
- 1 • Egg, beaten
- 1/2 cup • Bread Crumb
- 2 Tbs • Jamaican Jerk Paste
- 1 Tbs • Cilantro, minced
- 1 Tbs • Garlic Powder
- 1/4 tsp • Kosher Salt
- 1/4 tsp • Pepper

- 1 cup • Pineapple Juice
- 3 Tbs • Brown Sugar
- 1/4 cup • Ketchup
- 1 tsp • Garlic, minced
- 2 Tbs • Worcestershire Sauce
- 1/2 tsp • Onion Powder
- 1/8 tsp • Red Pepper Flakes
- 1/8 tsp • Kosher Salt

Jerk Paste

- 1/2 cup • scallions, chopped
- 1/2 cup • red onion, chopped
- 1-2 • habanero pepper *wear gloves*
- 9 cloves • garlic, minced
- 3 Tbsp • brown sugar
- 1/8 cup • lime juice
- 1/8 cup • cider vinegar
- 1 Tbsp • olive oil
- 2 tsp • allspice
- 1 1/2 tsp • thyme
- 1 tsp • salt
- 1/2 tsp • cinnamon
- 1/2 tsp • black pepper

Steps:

Prep & Cook Meatballs

1. Make Jerk Paste (or purchase premade). Remove pepper stems and seeds then process all ingredients in blender until smooth.
2. Mince onion and line baking sheet with aluminum foil and a very light coating of oil.
3. Prepare the meatballs by combining all ingredients. Mix to combine but be careful not to overwork the meat.
4. Using lightly wet hands, shape into desired size of meatball
5. Bake until golden brown, about 15 minutes at 375

Prepare Glaze:

1. In medium saucepan, whisk all ingredients together and bring to a boil.
2. Reduce heat to medium-low and simmer until mixture coats back of spoon (about 10-15 minutes).
3. Mix cornstarch and water together and slowly whisk mixture into the sauce until you reach the desired consistency. Taste and adjust seasoning as needed.
4. Add meatballs to sauce and heat over medium-low for 2 minutes until meatballs are glazed - or combine in crockpot to keep warm.

Kitchen Notes

Jerk Paste: This recipe for homemade jerk paste will yield more than you need for the meatballs. But, once it's made it can be stored in an airtight container in the refrigerator for up to 3 months or frozen for up to a year.

- Use it as a marinade on fish, chicken, pork, or beef!
- Marinade most meat for at least 8 hours or overnight.
- When marinating fish steaks or fillets leave on for 15-30 min.