

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

Grilled Meatballs

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.