

Meatball-Stuffed Onion Bombs

Recipe adapted from "The Complete Guide to Smoking Meat," by Derrick Riches and Sabrina Baksh

Onion bombs are essentially meatloaf meatballs sandwiched between onion layers, wrapped in bacon, then smoked. They are so good and make quite a hearty meal all on their own.

Prep Time: 25 minutes

Cook Time: 60 minutes

Suggested Smoking Wood: hickory or cherry

Yields: 6-7 servings

Ingredients

2 medium yellow onions

1 pound ground beef

½ cup breadcrumbs

½ cup shredded cheddar cheese

½ cup shredded parmesan cheese

1 large egg

1 tablespoon dried parsley

1 tablespoon ketchup

2 cloves garlic, minced

1 teaspoon Worcestershire sauce

1 teaspoon salt

½ teaspoon dried oregano

½ teaspoon black pepper

12 slices thick-cut bacon

12 to 18 toothpicks

1 cup barbecue sauce

Method

Set the Big Green Egg smoker for indirect cooking with a convEGGtor at 275°F/135°C.

Cut the ends off both onions, then slice down the center of the onions lengthwise. Remove the skins and soft outer layers. Separate the larger rings and match them with each other. Set aside.

In a large bowl, combine the ground beef with the breadcrumbs, cheddar, parmesan, egg, parsley, ketchup, garlic, Worcestershire, salt, oregano, and pepper. Form ⅓ cup (or more) of meat mixture into a ball and press gently into one of the onion rings. Close up with the



matching side and wrap with 1 to 2 strips of bacon. Secure with 2 to 3 toothpicks. Repeat the process until all the bombs are assembled.

Place onion bombs directly onto the cooking grid. Close the lid and cook for 45 minutes. Then, brush with barbecue sauce, and cook for another 20-30 minutes, or until the bacon has cooked through and the ground beef registers 165°F.

Remove from the EGG and let them stand for 10 minutes. Serve whole or sliced in half.

Variation: Replace the parmesan with pepper jack cheese and add some diced green chiles for a spicy version. Make it sweet and savory by replacing the barbecue sauce with teriyaki glaze.

