



Category (Main Dishes)

Sweet and Sour Meatballs

Submitted by (Carole Burrahm)

<p><u>Recipe</u></p> <p>1 can (20 oz) pineapple tidbits or chunks 3 tbsp corn starch 1/3 cup water 1 batch of meatballs 3 tbsp vinegar 1 large green pepper cut into 1" pieces 1 tsp soy sauce 1/2 cup packed brown sugar Hot cooked rice</p> <p>Drain pineapple; reserving juice. Set pineapple aside. Add water to juice, if needed, to make 1 cup; pour into a large skillet. Add another 1/3 cup of water, vinegar, soy sauce, brown sugar and cornstarch; stir until smooth. Cook over medium heat until thick stirring constantly. Add pineapple, meatballs and green peppers. Simmer, uncovered, for 20 minutes or until heated through. Serve over rice. This can be easily doubled or tripled as necessary. If doubling, etc., add a red, yellow or orange pepper for color and a can of drained (use juice for extra sauce), crushed pineapple with the chunks for more texture. YUMMMMMMMMMMMY!</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>