



## SWEET AND SOUR MEATBALLS



You can make the meatballs from [scratch](#) or use frozen. If you choose to make homemade, you might want to add some ginger to the meat mixture before cooking the meatballs. Little tweak to the flavor to go with the sweet and sour. This dish is great served with steamed rice.

With your meatballs warm, it's time to make the sauce ...

### Ingredients

2 Tablespoons cornstarch

1/2 cup brown sugar

1 can pineapple tidbits

1/3 cup apple cider vinegar

1 Tablespoon soy sauce

1/3 cup chopped green bell pepper

### Instructions

1. Mix together 2 T cornstarch, ½ c brown sugar.
2. Drain 1 can pineapple tidbits and pour the syrup into the cornstarch and brown sugar mixture, adding 1/3 c apple cider vinegar, 1 T soy sauce and mix together.
3. Pour into a skillet and stir often while cooking on medium heat.

4. When sauce is slightly thickened, add the meatballs and pineapple and 1/3 c chopped green bell pepper. Stir.
5. Serve warm when sauce has thickened.

**NOTES FROM THE CHEF:**

When I make these, I usually make smaller meatballs and make enough for at least 5 per person. For a large group, 3 is plenty.

You can double or triple the sauce which I often do – not necessarily the pineapple and pepper, but the sauce itself, it goes further, and the taste is not at all affected.

If you want to garnish, a little fresh or dry parsley on top is a nice touch.

I always make a lot of rice – any leftover rice can be made into a [rice pudding](#).

**Recipe by: Granni K**