

# Sweet & Sour Meatballs

## Ingredients

### Meatballs:

1 lb. ground chicken, turkey or beef  
1/2 cup breadcrumbs  
1 Tablespoon dried parsley  
1/4 cup milk  
2 Tablespoons finely chopped onion  
1 Tablespoon Worcestershire sauce  
1 egg, slightly beaten

### Sauce:

1/2 cup packed brown sugar  
1 1/2 Tablespoons cornstarch or 3 Tablespoons flour  
1/3 cup cider vinegar  
1 Tablespoon soy sauce  
20 oz. can pineapple chunks in juice

2 small to medium bell peppers, cut in strips

## Mise en place! (Everything in its place)

### Directions

1. Preheat oven to 375°.
2. Grease large baking sheet with oil or line with parchment paper.
3. Place all meatball ingredients in large bowl and mix well.
4. Form into approximately 20 meatballs and place on baking sheet.
5. Bake 20-25 minutes until light brown.
6. While meatballs are baking, prepare the sauce.
7. In 10-12 inch skillet, mix the brown sugar with the cornstarch (or flour).
8. Add vinegar, soy sauce and pineapple chunks. Mix well.
9. Bring mixture to a simmer. Shut off heat until the meatballs are done.
10. Bring sauce back to a simmer, add the meatballs. Stir well.
11. Cover and simmer 5 minutes, stirring once.
12. Stir in the peppers. Cover and simmer 5 minutes until crisp-tender or until desired tenderness. Serve over rice or noodles.

Notes: Substitute cooked chicken or seafood in place of the meatballs. Substitute tofu to create a vegetarian meal. Create an appetizer by substituting crushed pineapple in place of chunks and using mini meatballs or cocktail sausages.