

# Meatballs Sweet & Sour

Serves 6,  $\frac{2}{3}$  cup per serving

## Ingredients

- 1 meatball master mix recipe (page X)
- 1 green pepper, chopped
- 20 ounces chunk pineapple
- 2 cups brown sugar, packed
- 1 Tablespoon cornstarch
- $\frac{1}{4}$  cup vinegar
- 1 Tablespoon soy sauce
- $\frac{1}{4}$  cup ketchup
- Hot cooked brown rice



## Directions

1. Thaw meatballs.
2. Microwave meatballs and green pepper on high until meatballs are heated to 165°F.
3. Turn meatballs during cooking.
4. Drain pineapple and save the juice.
5. Mix together brown sugar, cornstarch, pineapple juice, vinegar, ketchup and soy sauce.
6. Microwave on high 5-6 minutes until thick; stir every 2 minutes.
7. Add green peppers, meatballs and pineapple chunks.
8. Heat 1-2 minutes.
9. Serve over brown rice.

**Nutrition Note:** Nutrition Facts label does not include brown rice information.

Nutrition Facts	
Serving Size $\frac{2}{3}$ cup	
Servings Per Container 6	
Amount Per Serving	
Calories 280	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 470mg	20%
Total Carbohydrate 43g	14%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%

\* Percent Daily Values are based on a 2,000 calorie diet.