

# Sweet and Sour Sauce

*Ruby Wilcox*

*The Pennsylvania State Grange Cookbook (1992)*

**Yield: 3 cups**

*1/4 cup cornstarch*

*1/2 cup packed brown  
sugar*

*2/3 cup vinegar*

*2 cups pineapple juice*

*2 tablespoons soy sauce*

*1 teaspoon salt*

In a saucepan, combine the cornstarch, brown sugar, vinegar, pineapple juice, soy sauce and salt. Mix well.

Cook until thickened, stirring constantly.

Serve over meatballs.

*You may substitute orange  
juice for the pineapple juice.*

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Per Serving (excluding unknown items): 857 Calories; trace Fat (0.4% calories from fat); 4g Protein; 218g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4241mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 4 1/2 Fruit; 8 Other Carbohydrates.