

Sweet-And-Sour Meatballs

Taste of Home One-Dish Meals

Servings: 6

MAKING PERFECT MEATBALLS

Lightly pat meat mixture into a 1-inch-thick rectangle. Cut the rectangle into the same number of squares as meatballs in the recipe.

Gently roll each square into a ball.

1 can (20 oz) pineapple chunks in juice

1/3 cup water

3 tablespoons vinegar

1 tablespoon soy sauce

1/2 cup packed brown sugar

3 tablespoons cornstarch

30 meatballs (frozen or thawed)

1 large green pepper, cut into 1-inch pieces

hot cooked rice

Drain pineapple, reserving juice. Set pineapple aside.

Add water to juice if needed to measure one cup; pour into a large skillet. Add 1/3 cup water, vinegar, soy sauce, brown sugar and cornstarch; stir until smooth.

Cook over medium heat until thick, stirring constantly. Add the pineapple, meatballs and green pepper. Simmer, uncovered, for 20 minutes or until heated through.

Serve with rice.

Per Serving (excluding unknown items): 117 Calories; trace Fat (0.5% calories from fat); 1g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Other Carbohydrates.