

Waikiki Meatballs

*Recipes and Memories
Best of the Best Minnesota Cookbook*

*2 pounds ground beef OR
ground pork*

2/3 cup cracker crumbs

1/3 cup onion, chopped

1 egg

1/4 teaspoon ginger

1/4 cup milk

SAUCE

1/2 cup brown sugar

2 tablespoons cornstarch

*1 can (20 ounce) crushed
pineapple, drained*

1/3 cup vinegar

1 tablespoon soy sauce

In a bowl, mix together the ground beef, cracker crumbs, onion, egg, ginger and milk. Mix well. Form into one-inch balls.

In a skillet, brown the meatballs.

In a saucepan, stir together the brown sugar, cornstarch, pineapple, vinegar and soy sauce until smooth. Boil for one minute.

Sprinkle the crushed pineapple over the meatballs. Pour the sauce over the meatballs. Simmer until warm.

Keep warm in a crockpot.

Per Serving (excluding unknown items): 637 Calories; 7g Fat (9.9% calories from fat); 11g Protein; 139g Carbohydrate; 3g Dietary Fiber; 220mg Cholesterol; 1163mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 0 Non-Fat Milk; 1 Fat; 5 Other Carbohydrates.