

Sweet and Sour Meatballs

Ingredients

26 ounces frozen, home-style Food Club meatballs	2 teaspoons soy sauce
2 tablespoons olive oil	½ teaspoon ground ginger
1 medium onion, diced	½ teaspoon garlic powder
1 large green bell pepper, seeded and diced	1 tablespoon cornstarch
½ teaspoon kosher salt	2 tablespoons cold water
2/3 cup brown sugar	1 (20-ounce) can pineapple tidbits, drained with juice reserved
2/3 cup apple cider vinegar	
½ cup ketchup	

Directions

1. Heat olive oil in a large skillet over medium heat.
2. Once hot, add the onion, bell pepper and salt and cook until the onion turns translucent, about 2-3 minutes.
3. In a medium-sized bowl, whisk together the brown sugar, vinegar, ketchup, soy sauce, ginger, garlic powder, and 1 cup of the reserved pineapple juice.
4. Pour the pineapple juice mixture into the onion and peppers and stir until combined.
5. Submerge the frozen meatballs into the sauce, bring to a simmer, cover and cook until heated through, about 8-10 minutes.
6. In small bowl, combine the cornstarch with the water and mix until smooth.
7. Pour the cornstarch mixture into the simmering meatballs and cook until the sauce is thickened. Cook for 1 additional minute and turn off the heat.
8. Stir the pineapple into the meatballs and serve over steamed white rice.

Serves 4

