

YIELD: 8 SERVINGS

Sweet and Sour Meatballs

Easy sweet and sour meatballs recipe using frozen meatballs and a quick homemade sauce. Serve with rice for a complete meal.

PREP TIME

5 minutes

COOK TIME

15 minutes

TOTAL TIME

20 minutes

Ingredients

- 1 can (8 or 20 oz) pineapple chunks (SAVE JUICE)*
- 1/3 cup pineapple juice (from canned pineapple)**
- 1/3 cup white vinegar
- 3/4 cup granulated sugar
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 2-3 bell peppers, diced (any color)
- 2 lbs frozen homestyle meatballs
- Green onion, for garnish (optional)
- Rice, for serving



Instructions

1. Drain and save the pineapple juice from the canned pineapple. You will need about 1/3 cup. Save the pineapple for later.
2. Add pineapple juice to large pot along with vinegar and sugar. Heat and stir over medium heat until it begins to simmer.
3. In a small bowl, whisk together cornstarch and water to dissolve any lumps. Add to sauce and bring to a boil. The sauce should thicken up.
4. Add bell peppers and meatballs and stir everything together. Cover and cook for about 10 minutes, or until meatballs are no longer frozen and heated through. Gently stir in pineapple chunks and serve.

Notes

*Do not use fresh or frozen pineapple or the sauce will not thicken.

**If using jarred sweet and sour sauce you will need 12 ounces or 1 1/2 cups of sauce.

Sweet and Sour Meatballs Crockpot instructions:

- Add frozen meatballs, bell pepper and pineapple to slow cooker.
- Whisk together all the ingredients for the sauce and pour over meatballs.
- Cook on LOW for 2-3 hours, or until sauce has thickened. You may also add the peppers and pineapple at the end if you would like them crisper.

Nutrition Information: YIELD: 8 SERVING SIZE: 1

Amount Per Serving: CALORIES: 424 TOTAL FAT: 25g SATURATED FAT: 9g TRANS FAT: 1g
UNSATURATED FAT: 14g CHOLESTEROL: 75mg SODIUM: 757mg CARBOHYDRATES: 34g
FIBER: 3g SUGAR: 25g PROTEIN: 17g

Nutritional information provided is an estimate only. Please consult the labels of ingredients you use for more accurate results.



Did you make this recipe?

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CUISINE: Asian / **CATEGORY:** Entrees & Sides

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