

Halle Recipes

Sweet and Sour Meatballs

by Cristeen Halle

SERVES

4 Servings

Ingredients

- 1 Small Bag- Original or Italian Meatballs
- 2 Cans- Pineapple Juice (6 oz)
- 1 Cup- Soy Sauce
- 1 Cup- Sugar
- 1 Cup- Water
- 1 Large Can- Pineapple Chunks (undrained)
- 1 Round Onion- Aprox. 1" Squares
- 1 Green Pepper- Aprox 1 " Slices
- 1/4 Cup- Cornstarch

Method

1. Heat pineapple juice, soy sauce, sugar and water to boiling.
2. Add meatballs and onions.
3. Boil for 15 inutes.
4. Add vegetables and cook until slightly tender.
5. Dissolve cornstarch in water.
6. Add to pot to thicken sauce.
7. Serve with white rice.

