



# TANGY SWEET N' SOUR MEATBALLS

🕒 35 minutes

🍴 5 servings

## MAKE THE MEATBALLS

### 1. Make Meatballs

Mix beef, bread crumbs, onion, egg, salt, and pepper together in a large bowl until well combined.



### 2. Shape Meatballs

Shape mixture into 1 1/2-inch diameter balls.



### 3. Cook Meatballs

Cook meatballs in a large pan over medium heat until cooked through.

## PREP THE PRODUCE

### 4. Chop & Fry

Remove meatballs from the skillet and set aside. Add chopped peppers and onions to the skillet and continue to cook over medium heat for three minutes. Add pineapple chunks and continue cooking until peppers are mostly cooked, about 4 to 5 more minutes.



### 5. Return Meatballs

Gently put the meatballs back to the skillet and remove from heat. Set aside.



## MAKE THE SAUCE

### 6. Mix Sauce

Mix brown sugar, water, ketchup, vinegar, and soy sauce together until smooth. Set aside.



## MAKE THE SLURRY

### 7. Make Cornstarch Slurry

To thicken sauce, you need to make a slurry, which is a mixture of equal parts cornstarch and **cold** water.



### 8. Add Sauce

Pour sauce over meatball mixture. Reduce heat to low and simmer until thick, 3 to 5 mins.

### 9. Garnish & Serve

Serve warm over rice. Top with chopped green onion.

