**Sweet-n-Sour Meatballs**

**INGREDIENTS**

* 5 pounds ground beef
* 5 eggs
* 1 ¼ cup bread crumbs
* ¾ cup milk
* 2 ½ teaspoons garlic powder
* 1 ¼ cup diced onion
* Salt and pepper
* Optional Ingredients:

garlic minced, cracker crumbs, ginger

pre-cooked Italian meatballs

**For Sauce**

* 3 cups pineapple chunks
* 6 red and green bell peppers cut into 1” chunks
* 1 ½ yellow onions cut into 1” chunks
* 1 ½ cups sugar
* ¾ cup brown sugar
* 1 ½ cups apple cider vinegar
* 1 cup ketchup
* 4 tablespoons low sodium soy sauce
* 6 cloves garlic minced
* Optional Ingredients:

Cornstarch/water slurry to thicken, Minors sweet & sour sauce

RECIPE

**DIRECTIONS**

1. Preheat oven to 375 degrees. Prepare pans with parchment paper.
2. In a large bowl, mix together all ingredients for the meatballs.
3. Using a 1-ounce scoop, form meatballs. Place meatballs on prepared pan.
4. Bake for 20 minutes or until internal temperature is 165 degrees.
5. For sauce: whisk together the sugar, brown sugar, apple cider vinegar, ketchup, soy sauce and garlic in a pot. Add bell peppers, onion and pineapple. Bring to a low boil and cook for 3 minutes so that peppers and onions are crisp-tender. You may add a cornstarch and water slurry if needed to thicken. Do not add meatballs to sauce. Pour sauce over meatballs when served.

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| **Prep Time:** 30 minutes | **Cook Time:** 30 minutes | **Total Time:** 60 minutes | **Yield:** 20-26 servings |