

Sweet and Sour Meatballs - Connie Johnson

1 lb. Lean Ground Beef
1 Cup Dry Breadcrumbs
1/2 Cup Mashed Potatoes
1/4 Cup Onion - chopped
1 Egg - beaten
1/2 Tsp. Salt
1 Dash Pepper
1/4 Tsp. Savoury
1 Tsp. Worcestershire Sauce

- ☐ Preheat oven to 350 F (177 C)
- ☐ Mix all ingredients together and form into the desired size meatballs.
- ☐ Place meatballs in frying pan. Fry lightly (but do not brown) until fairly firm. Drain off fat.

Sauce Ingredients

1 1/2 Cup Brown Sugar
3/4 Cup White Vinegar
3/4 Cup Water
1 Tbsp Dry Mustard
1 1/2 Tsp. Corn Starch

- ☐ Add meatballs to shallow baking dish.
- ☐ Mix all sauce ingredients together and pour over meatballs.
- ☐ Bake uncovered at 350 F (177 C) for 40 minutes. Baste often with sauce
- ☐ Serve over white rice.

Yield: Serves 4 - 6

Comments: 1) Great for potlucks. Goes well with the other 10 meatball dishes that people will bring!!!