

Sweet and Sour Meatballs

Ann Christiansen - Marshall Field's Spring Hill

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 pounds ground bulk sausage

2 cans (20 ounce ea) pineapple chunks, drained with one cup juice reserved

1 cup lemon juice

1/3 cup firmly packed light brown sugar

2 tablespoons soy sauce

1 teaspoon ground ginger

2 tablespoons cornstarch

2 medium green bell peppers, cut into chunks

Shape the sausage into 1-1/2 inch balls. Brown the meat in a skillet. Drain.

In a bowl, combine the pineapple juice, lemon juice, brown sugar, soy sauce and ginger.

In a smaller bowl, reserve two tablespoons of the juice mixture. Combine with the cornstarch. Add the juice mixture to the meatballs. Cover and simmer for 20 to 25 minutes.

Add the pineapple chunks and green pepper. Cook until just heated through. Gradually add in the cornstarch mixture. Bring to a boil. Stir for 1 minute. Serve hot.

Serve over rice as a main dish or as an appetizer.

Meatballs

Per Serving (excluding unknown items): 485 Calories; 1g Fat (1.0% calories from fat); 5g Protein; 126g Carbohydrate; 6g L 2095mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Vegetable; 1 1/2 Fruit; 0 Fat; 4 1/2 Other Carbohydrates.