

Recipe



Sweet & Sour Meatballs



From the Kitchen of: *Dreams & Midnight Jabber*

Ingredients

1 Lb Ground Beef
1 Cup Bread Crumbs
1 Egg
1/2 Tsp Garlic & Onion Powder

Sauce:

1 1/2 Cups Ketchup
1 Cup Brown Sugar
1 Cup Water
1 Tbsp Worcestershire Sauce
1 tsp Vinegar
1 tsp Mustard
1 Whole Onion

Directions

In a large bowl, mix the ground beef, bread crumbs, egg, garlic powder and onion powder. Once combined, roll the meat mixture into balls.

To make the sauce combine all the remaining ingredients in a pan and bring to a boil. Turn sauce to medium heat and add meatballs then cook for 20 minutes.

Serve over rice.

