

SWEET AND SOUR MEATBALLS

1 lb. lean ground beef
2 Tbsp. Ultra Gel thickener
1/2 tsp. salt
1/8 tsp. pepper
2 Tbs dehydrated minced onion

Sauce:

1 (20 oz) can pineapple chunks, drained (reserve the juice)
1/4 cup sugar
2 Tbsp. soy sauce
2 Tbsp. vinegar
1/2 cup water
1 small can water chestnuts, sliced (drained)
4 Tbsp. Ultra Gel
1-2 green peppers, cut into chunks

Combine ground beef, Ultra Gel, salt, pepper, and onions and mix lightly. Do not over mix. Shape into 1" balls and bake in a preheated oven at 400 degrees F. for 10 to 15 min. (until centres are no longer pink)

Meanwhile drain pineapple and set aside, reserving the juice. Combine reserved pineapple juice, sugar, soy sauce, vinegar and water in a 9"x9" baking dish. Add Ultra Gel gradually, stirring with a whisk. Add green peppers, pineapple, water chestnuts and meatballs. Cover and bake for 30 min. at 375 degrees F.

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