

Sweet and Sour Meatballs by Lynn's Recipes



Lynn demonstrates how to make Sweet and Sour Meatballs. These are great to serve as an appetizer and would be great to serve at a tailgate or any get together with friends.

Ingredients:

- 1 pound lean ground beef
- 1 cup soft, fresh breadcrumbs
- 1 egg, beaten
- 2 Tablespoons milk
- 2 Tablespoons onion, chopped
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 bottle chili sauce
- 1 bottle sweet and sour sauce

Preheat oven to 350°. Gently blend beef, breadcrumbs, egg, milk, onion, garlic, salt and pepper until evenly combined. Form into about 40 bite-sized meatballs. Place meatballs on a foil-lined, rimmed baking sheet. Bake for 20 minutes or until cooked all the way through.

Combine chili sauce and sweet and sour sauce in a saucepan set over medium heat. Boil, stirring, until sweet and sour sauce dissolves, about 5 minutes.

Add cooked balls to the sauce; reduce heat to medium-low and simmer for 10 minutes.

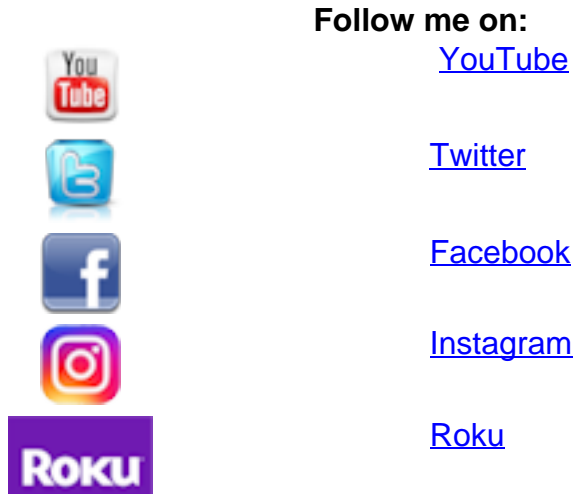
Makes 8 servings

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* [Link to Cuisinart Electric Fondue Pot](#)

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