

# 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. Book, 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

# Sweet and Sour Meatballs by Lynn's Recipes

---

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

\*Affiliate Link

[Comment or watch this Recipe on You Tube](#)

Follow me on:

[YouTube](#)



[Twitter](#)



[Facebook](#)



[Instagram](#)



[Roku](#)



Lynn's Recipes | August 2015  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

---

-----  
[Click here for a handy Conversion Chart](#)