

Hawaiian Meatballs from Ann Darrow

Ingredients:

1 lb lean ground beef
1 large can crushed pineapple drained (keep the juice)
1 cup bread crumbs or croutons
1/2 cup chopped onion
1/2 cup chopped bell pepper
1 egg
1 tsp garlic salt

Mix the ingredients well and shape into 1 inch balls. Pan fry or bake in oven.

Sauce:

1/3 cup pineapple juice
1/2 cup ketchup
1/3 cup brown sugar

Skewer the meatballs on toothpicks and place sauce in small serving bowl to use as hors d'oeuvres.

OR

Mix sauce and meatballs and pour over your favorite pasta or rice.

This makes about 30 meatballs; adjust for your number.

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