

## HAWAIIAN MEAT BALLS

### Meat Mixture

2 lbs ground chuck	$\frac{1}{2}$ tsp garlic salt
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{1}{4}$ c ground onion flakes	2 Tbsp cooking oil
flour	

Mix meatball ingredients together & shape into 1" balls. Dredge in flour & brown in oil on all sides in a large frying pan. Remove meat from pan.

### Sweet'n Sour Sauce

6 Tbsp b. sugar	$\frac{1}{2}$ tsp @ garlic, salt, onion	
$\frac{1}{4}$ tsp ginger & dry mustard	2 Tbsp sauce - soy	pwd
2 Tbsp cornstarch	$\frac{1}{4}$ c water	
6 Tbsp ketchup		
1- 10oz can pineapple & juice (crushed)		

Mix dry ingredients well. Stir in wet sauce ingredients. Turn into pan & stir until thick & boiling. (3r)

Return meatballs to pan. Cover & simmer 10 minutes.