



Meatball Tidbits from Colorado

SHARED BY LINDA STOLTZ

Prep Time - 20 minutes

Servings - 6 people

Bake Time - 1 hour

ingredients

Meatballs:

- 1 lb. ground beef
- 1/2 tsp garlic salt
- 1 small chopped onion
- 2 eggs beaten
- 1/4 tsp pepper
- 1/2 c bread crumbs

Sauce:

- 1/4 c soya sauce
- 1/2 tsp powdered ginger
- 1/2 c ketchup
- 1/4 c brown sugar
- 1 can pineapple Tidbits with juice

directions

- Mix first meatball ingredients in a bowl and shape into balls.
- Roll meatballs in flour and brown in a hot oiled pan.
- Transfer the meatballs to a casserole dish.
- For sauce, mix together remaining ingredients and pour over the meatballs.
- Cover and bake in the oven at 350F for 1 hour.*
- Serve over rice but also good as an appetizer.

*Alternatively, add the meatballs and sauce to a slow cooker for 2 hours on low.