

## **Hawaiian Meatballs**

These meatballs are a favourite of my family and they're super easy to make.

Ingredients for meatballs:

- 2 lbs lean ground beef
- 1 egg lightly beaten
- 1 tsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp each freshly ground sea salt and black pepper
- ½ c. dry bread crumbs such as panko

In a large bowl combine first 6 ingredients. Add in dry bread crumbs and combine. Roll mixture into balls about 2 inches in diameter. Heat 1-2 Tbsp light olive oil or vegetable oil in a large skillet over medium high heat. Brown meatballs 12-16 meatballs on all sides at a time and transfer to a baking sheet lined with paper towel.

Ingredients for Hawaiian Meatball Sauce:

- 1 x 398 ml (12 oz) can of pineapple tidbits
- ½ c. low sodium beef broth
- ¼ c. water
- ½ c. soya sauce
- 1/3 c. honey
- 3 Tbsp Rice Wine Vinegar
- 1 Tbsp finely grated fresh ginger
- 2 Tbsp brown sugar
- 2 Tbsp cornstarch
- 2-4 green onions, finely chopped

While meatballs are browning, in a large saucepan combine juice from pineapple tidbits, low sodium beef broth, water, soya sauce, honey, rice wine vinegar and ginger. Heat sauce over medium heat. In a small bowl, combine brown sugar with cornstarch. Whisk brown sugar/cornstarch mixture into warm sauce in saucepan. Bring to a low boil.

Add browned meatballs to Hawaiian Sauce, stir to combine. Cover saucepan and cook over medium low heat for 15 minutes. Serve over white rice – enjoy!

*Kim's Cookology*