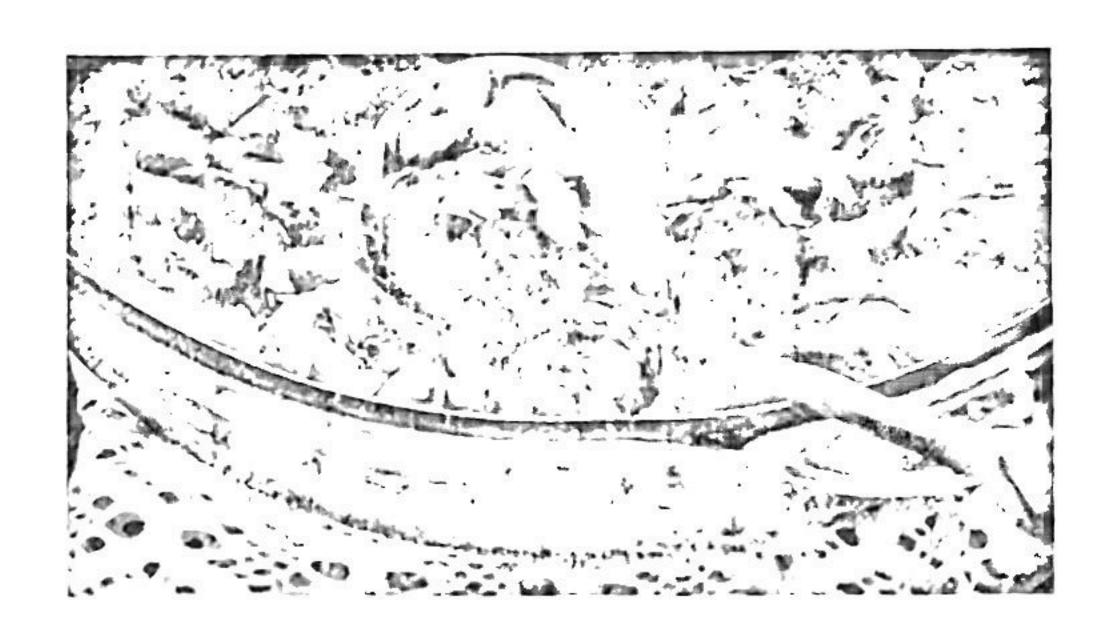
# Sweet and Sour Medis

This dish works perfectly as a freezer meal. If you'd like to see me prepare this meal (as well as 6 other freezer meal recipes), please check out my video on YouTube:

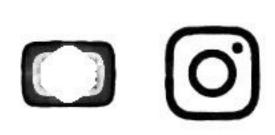
I made 22 Freezer Meals in 4.5 Hours!! YOU CAN DO THIS TOO!



## Ingredients

Meatballs:

1-1/2 meat



- 1/2 cup bread crumbs
  - 1 cup onions, diced
- √ · 1 tablespoon fresh ground ginger
- $\times$  · 5 heads of garlic, minced
- √ · 1 teaspoon salt

#### Sauce:

- · 1 cup brown sugar
- · 3 tablespoons flour
- · 1-1/2 cups white vinegar
- 1/4 soy sauce
- · 1 cup ketchup
- · 1 teaspoons sriracha

#### Directions

- 1. Pre-Heat Oven to 400 degrees.
- 2. Mix all meatball ingredients together and roll into a golf ball size ball.
- 3. Place in a 9 by 13-inch baking dish and bake until browned. While meatballs are baking, make the sauce.

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- 4. Mix all sauce ingredients in a medium saucepan and mix well before turning on medium heat.
- 5. Cook until thickened, about 5 minutes.
- 6. Once meatballs are good and brown and the sauce has thickened, pour sauce over meatballs and cook until meatballs are fully cooked through.
- 7. Enjoy over white rice with fresh cilantro or green onions!

Optional: If you want to boost the veggies in this dish, it's yummy to dice up the pepper and/or add a drained can of pineapple to the baking dish before baking the meatballs.

### Related Video