

May 24 • Written By Becky

Sweet and Sour Meatballs

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:

ground beef
1-1/2 meat



- ✕ • 1/2 cup bread crumbs
- 1 cup onions, diced
- ✕ • 1 tablespoon fresh ground ginger
- ✕ • 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.
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

