

# Sweet and Sour Meatballs

## Description

Carla's sweet and sour meatballs.

## Summary

**Yield:** 6

**Prep Time:** 30 minutes

**Category:** Appetizers

**Cuisine:** American

**Tags:** ground beef

## Ingredients

- 1 lb ground beef
- 1 egg
- 1/4 cup dry bread crumbs seasoned
- 1 onion (diced)
- 1 cup Brown sugar (packed)
- 3 tbsps flour (all purpose)
- 1 1/2 cup water
- 1/4 cup distilled white vinegar
- 3 tbsps soy sauce

## Instructions

In a medium bowl, combine the ground beef, egg, bread crumbs and onions. Mix thoroughly and form into golf ball-sized balls.

Bake on foil-covered cookie sheets for 20 minutes at 400 degrees.

In a large saucepan, combine the brown sugar, flour, water, vinegar and soy sauce. Mix thoroughly. Add meatballs and bring to a boil. Reduce heat and simmer, stirring often, for 30 minutes.