

HAWAIIAN MEATBALLS

(F.O.O.D. Feed Others of Dartmouth - Hot Meal Provided to Margaret House)

2 lb. ground beef (lean)

2 beaten eggs

4 tsp. flour

1 tsp. salt

1/8 tsp. pepper

Make into meatballs and cook in a 350 degree oven for 10 to 15 minutes.

SAUCE

2 cups onion bouillon *OR

1 Pkg. Onion Soup Mix made with 2 cups of boiling water, not 3 cups

1 - 19 oz. tin diced pineapple, un-drained

12 cherries (optional)

1 green pepper, chopped

3 Tablespoons Cornstarch

4 Teaspoons soya sauce

1/2 cup vinegar

1-1/3 cup brown sugar

Combine in saucepan: 1/3 bouillon, pineapple, cherries and green pepper. Simmer 10 minutes. Blend cornstarch, soya sauce, vinegar and brown sugar with rest of bouillon. Add to saucepan. Cook slowly until thick. Add meatballs.

Recipe will make enough meatballs and sauce to fill a 2 litre ice cream container. May be frozen.

Please bring food to Church on Sunday, or by 9:00 a.m. on Wednesday morning and put in fridge. Put your name and F.O.O.D. on outside of container.

Please include one 700 g. box of uncooked Minute Rice and place this on the counter beside the fridge.

Thank you for your help and your generous contribution.