

Y.D.'s Favorite Sweet and Sour Meatballs

by Nisan Blaxberg

Ingredients

- 3 lbs extra lean ground beef
- 3 medium Vidalia onions
- 1 tsp salt
- 1 tsp pepper
- 2 eggs
- ½ cup bread crumbs
- 1 16 oz. can crushed pineapple
- 1 16 oz. can crushed tomatoes
- 3 tbsp canola oil
- ¼ cup soy sauce
- 2 bottles Borscht
- 2/3 cup sugar
- ½ cup lemon juice
- ¼ tsp. each of curry powder, cardamom, sage and ginger
- 1 tbsp parsley
- 4 cups water
- 2 cups brown rice, cooked

Cooking Instructions:

Brown diced onions in canola oil. Add borscht, crushed tomatoes and reserved juice from can of crushed pineapple. Let simmer.

Combine ground beef, eggs (beaten), bread crumbs, salt and pepper. Form into meatballs one inch in diameter and gently drop into sauce. Add soy sauce, sugar, lemon juice, spices, and parsley. Cook for 90 minutes on medium-low flame.

Bring brown rice and water to a boil, cover and simmer on low 40 minutes or until water is absorbed. Serve as base for meatballs and sauce. Enjoy!