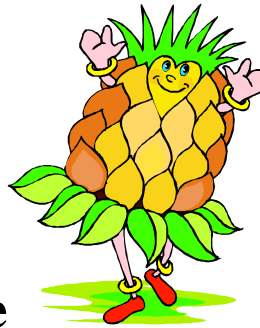


Polynesian Meatballs

- | | |
|---|------------------------------|
| 1 ½ pounds Ground Beef | 1 Clove Garlic |
| ¾ Cup Oats | 1 Tbsp. Soy Sauce |
| Few Drops Hot Sauce | 2 Tbsp. Vegetable Oil |
| 1 tsp. Salt | 1 Egg |
| 1 tsp. Pepper | ½ Cup Milk |
| 1 Can Water Chestnuts, drained & chopped | |

Mix all ingredients. Form into meatballs. Brown in Vegetable Oil in skillet. Simmer in Polynesian Meatball Sauce for 2 hours. Serve over rice.



Polynesian Meatball Sauce

- | | |
|-------------------------------|--------------------------------------|
| 1 Can Pineapple Chunks | ½ Cup Vinegar |
| 1 Cup Brown Sugar | 2 Tbsp. Soy Sauce |
| 2 Tbsp. Corn Starch | 1/3 Cup Green Pepper, Chopped |
| 1 Cup Bouillon | ¼ Cup Onions, Chopped |

Drain Pineapple and save juice. Combine Pineapple Juice with Bouillon. Combine Brown Sugar and Corn Starch. Mix together in medium pan, Brown Sugar, Corn Starch, Bouillon, Pineapple Juice, Vinegar, and Soy Sauce. Cook over medium/low heat until thick and clear. Add Green Peppers, Onions and Pineapple. Add to Meat Balls. Simmer 10 minutes.

Louise Harris King (Beezie)