

RECIPE | PEPPERS



SLOW COOKER SWEET & SOUR MEATBALLS



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4 hr 15 min

15 min
PREP.

4 hr
COOKING



10



easy

INGREDIENTS

6 ct Pure Flavor® Sweet Bell Pepper, diced
2 Pure Flavor® Beefsteak Tomatoes, finely diced
1540 ml can pineapple tidbits in juice
2 lbs frozen beef meatballs
1¼ cups sugar
¾ cup white vinegar
3 tbsp cornstarch

3 tbsp soy sauce
1 tsp minced garlic
1 tsp ginger, grated
Parsley, for garnish

DIRECTIONS

- 1 Whisk together sugar, vinegar, cornstarch, soy sauce, garlic, and ginger in a slow cooker.
- 2 Place meatballs, peppers, and pineapple with juice in the slow cooker and gently mix in the sauce mixture.
- 3 Cook on HIGH for 4 hours, until meatballs are heated through, and sauce is thickened and bubbly.
- 4 Garnish with fresh parsley & serve warm.

Pro Tip: You can adjust the cooking time based on your slow cooker settings to make this dish on LOW for 6-8 hours.