

Sweet & Sour Meatballs



Makes:

8 servings

Utensil:

Saladmaster Food Processor
12" Chef's Gourmet Skillet
small mixing bowl
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Bola-Bola, or sweet and sour meatballs, is a favorite Asian-style dish. Make these large meatballs with beef or a combination of ground meats. Chunks of pineapple, pepper, carrots and onions are tossed with a delicious sauce that coats the meatballs. Serve it with steamed jasmine or basmati rice.

Use the 12 in. Electric Oil Core Skillet cover with your 12 in. Chef's Gourmet Skillet.

Meatballs

1 ½ pounds
lean ground beef

(680
g)

½ pound
ground pork

(227
g)

1 cup
onions, shredded, use Cone #1

(160
g)

1 large egg
2 teaspoons

toasted sesame oil
(10
mL)

½ cup
toasted bread crumbs

(75
g)

2 cloves garlic, shredded, use Cone #1

1 teaspoon
ground ginger
(2
g)
2 teaspoons
natural salt
(12
g)
fresh ground pepper, to taste

Sauce

1
cup onions, cut into large (80 g) 2
chunks 3
sweet bell peppers (red, green, orange, or combination), cut into
chunks
carrots, scrubbed and sliced, use Cone 1
#4 $\frac{1}{4}$
tablespoon garlic, shredded, use Cone (8 g) $\frac{1}{4}$
#1 15
cup ketchup (62 g) cup apple cider (60 mL) 1
vinegar 1
ounces pineapple chunks in (425 g) cup water (240 mL) 1
juice $\frac{1}{5}$
tablespoon tamari (natural wheat free soy (15 mL) 3
sauce)
tablespoon arrowroot (10 g) **Directions:**
powder

1. In a large bowl, mix together all meatball ingredients.
2. Roll mixture into 2 inch (5 cm) sized balls and set aside.
3. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, approximately 5 - 7 minutes, add half of the meatballs and place 12 in. Electric Oil Core Skillet cover slightly ajar on skillet.
4. Cook for about 2 - 3 minutes on each side until browned, about 6 - 9 minutes total cooking time. Remove meatballs from skillet and set aside. Cook remaining meatballs in the same way.
5. To make the sauce, add onions and peppers to skillet. Place cover slightly ajar on skillet and sauté 5 - 7 minutes, stirring occasionally during cooking.
6. Add carrots and garlic and continue to cook for 3 - 5 minutes.
7. In a small bowl, mix together ketchup, vinegar, pineapple juice, water and tamari. Add arrowroot powder to liquid and whisk together to combine.
8. Place cooked meatballs in skillet and pour sauce mixture over top. Cover.
9. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 5 minutes.
10. Serve hot and garnish with minced scallions.

Tips:

- When browning meatballs, don't worry if meatballs are not completely cooked as they will finish cooking in sauce.
- Substitute pork or beef for ground turkey or ground chicken.
- If pineapple chunks in juice are not available, drain liquid from canned pineapple and replace with 1 cup of pineapple juice.

Nutritional Information per

▼ Serving

Calories: 377
Total Fat: 21g
Saturated Fat: 8g
Cholesterol: 105mg
Sodium: 948mg

Total 22g

Carbs:

Dietary Fiber: 3g

Sugar: 10g

Protein: 24g

Nutritional analysis calculated using 85% lean ground beef, and
1 cup pineapple juice for sauce