

# Breaking Bread

with the Williams Family...  
Ingrid's Recipes



## Sweet and Sour Meatballs

*Put these saucy appetizer meatballs on a buffet line in a chafing dish to keep them warm. Guests will enjoy the sweet-tangy pairing.*

### Ingredients:

- 3/4 pound extra-lean ground beef
- 3/4 pound ground turkey
- 1 small onion, minced
- 1 egg
- 1/2 cup Italian-seasoned breadcrumbs
- 1/2 cup ketchup
- 1/3 cup white vinegar
- 1/4 cup low-sodium Worcestershire sauce
- 3 tablespoons brown sugar
- 2 teaspoons dry mustard

1. Combine first 5 ingredients. Shape mixture into 1-inch balls.
2. In batches, brown meatballs in a large nonstick skillet over medium-high heat.
3. Remove meatballs from skillet and wipe skillet clean.
4. Stir together ketchup and remaining 4 ingredients in skillet. Bring to a boil.
5. Add meatballs, reduce heat, and simmer 5 minutes or until meatballs are thoroughly cooked.

Yields: 3 1/2 dozen