

RECIPE CARD

Sweet and Sour Meatballs
Glazed Brussels Sprouts

RECIPE NAME

YIELD

30 minutes

PREP TIME

30 minutes

TIME TO COOK

NOTES

INGREDIENTS

Sweet and Sour Meatballs
2 pounds of minced meat (or turkey/chicken)
1/2 cup of italian breadcrumbs
1/2 cup matzo meal
onion powder (to taste)
garlic powder (to taste)
2 eggs
2 cans of tomato sauce
2 cans of jellied cranberry
1/4 cup of water

Glazed Brussels Sprouts
1 pound of sprouts
garlic cloves, sliced
salt and pepper to taste
olive oil to taste
4 tablespoons of balsamic vinegar
1 tablespoon of maple syrup

PROCEDURE

Sweet and Sour Meatballs

Mix the base of cranberries, tomato sauce and water; whisk with a fork and set in a pot on low heat.

Mix the meat with the seasonings, bread crumbs, eggs, and matzo meal; roll into small balls and add to the pot.

Cover and cook on low to medium heat for 90 minutes.

ENJOY!

Glazed Brussels Sprouts

Clean and halve sprouts, removing the base, the put in bowl. Add salt, pepper, and oil. Toss and lay flat on a cookie sheet, and bake at 375 for 30 min.

Pour into a bowl and glaze with balsamic and syrup combination. (2 tablespoons of the glaze is usually ample unless you want it to be sweeter; I put the balance in the fridge and save for my next batch.)

ENJOY!