



Gluten Free Hawaiian Sweet & Sour Meatballs



Ingredients: Foodservice

- 2 lbs. Meatballs, frozen, use gluten free meatballs. (0.5 or 1 oz. size)
- 1.5 C. **Hawaiian Sweet & Sour Sauce** (Starport 215 Gluten Free)
- 8 oz. Crushed pineapple, canned, drained



Instructions

1. Brown frozen Meatballs on pan over medium heat or in oven until meat internal temperature reaches 160F. Drain and remove excess oil. (or follow package instructions). Set aside.
2. Add drained crushed pineapple to **Hawaiian Sweet and Sour Sauce** in a large pot, heat at medium heat until bubbling.
3. Add in meatballs and gently stir and coat meatballs, heat to 180F.
4. Remove and ready to serve.

Notes:

Recipe yield about 3 lbs.

Easy to prepare, long hot case life.

Estimated cost per pound - Beef meatball \$2.5, Sauce \$1.2, Pineapple \$0.6. Total \$4.3