



## **Sweet & Sour Meatballs Vegan-Style!**

*- from Denise's Kitchen*

### ***Ingredients for "Meatballs":***

2 cups of water  
4 tbsp of San-J organic tamari soy sauce (MSG-free!)  
2 cups of organic quick oats  
2 tbsp of healthy cooking oil  
2 tsp of organic honey  
2 tsp of organic onion powder  
1/2 tsp of organic garlic powder  
1 tsp of organic Italian seasoning

### ***Directions for "Meatballs":***

Combine water & seasonings in a saucepan, then bring to a boil. Add the quick oats & cook for 3 to 5 minutes. Let cool slightly while coating a cookie sheet with the oil. Using a small ice cream scoop, form your meatballs by rolling the scoops of oat mixture in the palms of your hands. You should be able to make 18-20 meatballs with this recipe. Arrange your meatballs on the cookie sheet & bake @ 350 degrees in a pre-heated oven for approximately 10 minutes on each side. (You want to turn your meatballs to slightly brown them.) That's it for the meatballs! Now on to the sauce...

### ***Ingredients for Sweet & Sour Sauce:***

1 (8 oz) can of crushed organic pineapple in its own juice  
1/4 cup of organic brown sugar  
2 tbsp of organic cornstarch  
1/4 cup of organic apple cider vinegar  
1 tsp of San-J organic tamari sauce  
2/3 cup of water

### ***Directions for Sweet & Sour Sauce:***

Drain the pineapple, reserving 1/3 cup of the juice. Combine the brown sugar & cornstarch in a saucepan, then add the reserved pineapple juice, vinegar, tamari sauce & water. Cook & stir over low heat until the mixture thickens & bubbles. Stir in the crushed pineapple & heat through. That's it for your sauce!

Now spoon desired portions of meatballs & sauce over your favorite cooked rice. I like organic Basmati or Jasmine Brown Rice. When I cook it, I use organic vegetable broth in place of water and I add chopped organic onion & red/green bell pepper for extra flavor. Enjoy!