

Vegetarian Swedish *Patty Up*[®] Meatballs

Makes 50-75 mini meatballs

INGREDIENTS

VEGETARIAN MEATBALLS

1½ cups *Patty Up*[®] Mix (2 packets)
4 large eggs
½ cup bread crumbs
1 cup water
2 tablespoons oil
¼ cup grated parmesan cheese
½ cup finely shredded raw onion
1 tablespoon Italian seasoning
1 teaspoon salt
Dash of pepper



SWEET AND SOUR SAUCE

2 cups ketchup
4 tablespoons Worcestershire sauce
8 tablespoons brown sugar
Dash nutmeg
2 tablespoons vinegar
4 tablespoons horseradish
1 cup minced onions
2 tablespoons maple sugar or brown rice syrup
½ cup water
3 tablespoons duck or plum sauce

Mix sauce ingredients and bring to a boil. Pour over *Patty Up*[®] baked vegetarian meatballs. Serve immediately.

NOTE—make it simple:

Buy prepared sweet and sour sauce and serve hot over ready to serve meatballs.

MEATBALL INSTRUCTIONS

Preheat oven to 350°

Mix meatball ingredients. Add 3 tablespoons oil in shallow baking pan. Use a melon ball scooper (smallest size) and drop mixture onto pan.

Bake at 350° until browned on both sides, approx 15-20 min.

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