

Two things to keep in mind with this recipe: first - use ONLY the Organicville Ketchup - accept NO substitutes! Second - I always double the recipe so there are leftovers because everyone always asks for more!

These are my "go to" appetizer, but they can also be served as a meal on a bed of rice.



Sandra's Sweet & Sour Meatballs

- 1 Pkg (24) Yves Meatless balls
- 1/2 cup brown sugar
- 1 tsp Wizard Vegan worchestershire sauce
- 1 cup Organicville Ketchup
- 3 tsp vinegar
- 1 1/2 tsp curry
- 1 tsp chili powder
- 1 cup water

1. Preheat oven to 250 F
2. Cook meatballs in lightly greased pan until browned.
3. Mix sauce ingredients together in crock pot.
4. Add browned meatballs and toss until coated.
5. Place in oven for 3 hours

