Sweet and Sour Meatballs

Submitted by Joan Wood

Ingredients:
1 lb. lean ground beef
1 clove garlic, minced
1 egg lightly beaten
1/4 breadcrumbs
1/4 cup milk
1 tsp. salt
1/4 tsp. pepper

Sauce:
1 tbsp. vegetable oil
1 clove garlic, finely chopped
1 tbsp. fresh ginger root, chopped
2 cups ketchup
1 cup ginger ale
Pinch of hot red chili flakes-optional
3 tbsp. sugar
1 tbsp soy sauce
1 cup milk

Method:
1. Combine ground beef with garlic, egg, breadcrumbs, milk, salt and pepper. Shape into 1" balls. Reserve.
2. To prepare sauce, heat oil in large saucepan. Add garlic and ginger. Cook 1-2 minutes until fragrant, but don't brown.
3. Add ketchup, ginger ale, red chili flakes, sugar and soy sauce. Bring to a boil.
4. Add Milk. Heat thoroughly. Sauce may look separated.
5. Bring sauce to a boil and add meatballs. Reduce heat. Cook gently, uncovered for 1 hr. or until meatballs are tender and sauce is thick. Serve over rice.

Preparation time: 10 min.
Cooking time: 1 hr.