



### Green for Go Local

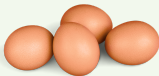
.....  
 Ingredients in **green** =  
 locally grown or produced



**Beef**



**Oatmeal**



**Egg**



**Honey**



**Potatoes**



**Milk**

# Giant Sweet and Sour Meatballs

By Jenny & Rosie with Chantelle Webb

Serves 4-6

## Ingredients

### For Meatballs:

- 1 small **Onion**, minced
- 1 clove **Garlic**, minced
- 1 lb (454 g) **Ground beef** or **pork** (or a mixture)
- ¼ Cup (60 mL) **Oatmeal**
- 1 **Egg**
- 2 tsp (10 mL) Dry mustard
- ½ tsp Salt
- ¼ tsp Black pepper
- 1 tsp Worcestershire sauce

### For Sauce:

- 1 × (398 mL) can Crushed pineapple
- ¼ Cup (60 mL) Ketchup
- ¼ Cup (60 mL) **Apple cider vinegar** or white vinegar
- 2 Tbsp (30 mL) **Honey**
- 1 tsp (5 mL) Soy sauce
- 1 tsp (5 mL) Freshly grated ginger (optional)
- 2 Tbsp (30 mL) Water
- 1 tsp (5 mL) Cornstarch

### For Mashed Potatoes:

- 2 lb (907 g) **Potatoes**, peeled and cut into 1-inch chunks
- 2 tsp (10 mL) Salt
- 2 Tbsp (30 mL) **Butter**
- 1 Cup (250 mL) **Milk**, warmed in the microwave or a small pot

## Directions

*Note:* Wash all produce well.

1. Preheat the oven to 350°F (175°C). In a large bowl, place the ground beef, onion, garlic, oatmeal, eggs, dry mustard, salt, black pepper and Worcestershire sauce. Use hands to mix until thoroughly combined.
2. Line a baking sheet with parchment or foil for easy cleanup. Roll the meat mixture into 6 large meatballs and place on the baking sheet.
3. Bake until cooked through and a meat thermometer reads 160°F (71°C), 25-30 minutes.
4. In a 1 quart (1 L) saucepan, combine the pineapple, ketchup, vinegar, honey, soy sauce and optional ginger. Bring to a simmer over medium heat. Whisk together the water and cornstarch and add to the pineapple mixture. Cook, stirring occasionally, until thick.
5. Meanwhile, place the potatoes in a large pot, adding salt and enough water to cover the potatoes. Cover the pot and bring to a boil, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes. Drain and return to the pot. Add butter and mash thoroughly, then add the milk and mash again until smooth. Taste and add a little salt if needed.



## Note from the Authors

"Rolling a lot of meatballs and serving them is a lot of work, so we streamlined the preparation to make just one meatball per serving. Luckily, kids really seem to love the idea of anything "giant!" If you'd prefer, serve the meatball with rice!"

- Jenny & Rosie

## Create Your Plate!

### Veg It Up

For a delicious take on Stampptot (a traditional Dutch dish), add sliced carrots, onions, or kale to the potatoes in Step 7.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Peas**
- ★ **Brussels sprouts**
- ★ **Carrots** - cooked or raw
- ★ **Broccoli** - cooked
- ★ **Cucumber**
- ★ **Corn**
- ★ **Green or yellow beans**
- ★ **Turnip** - raw or roasted
- ★ **Sauerkraut**
- ★ **Fiddleheads** - cooked
- ★ **Squash** - roasted or mashed
- ★ **Kale** - chips, boiled or shredded raw
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Beets** - grated raw, pickled or roasted
- ★ **Fruit**



Peas



Brussels Sprouts



Carrot



Broccoli



Cucumber



Corn



Beans



Turnip



Sauerkraut



Fiddleheads



Squash



Kale



Slaw



Beets



Fruit