

Sweet and Sour Meatballs - A Tangy, Crowd-Pleasing Favorite

If you're looking for a dish that pleases picky eaters and party guests alike,



OVEN
375°F

TIME
20 min

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INGREDIENTS

For the Meatballs:

1½ lbs ground beef

¾ cup breadcrumbs

1 egg

2 tbsp milk

1 tsp onion powder

Salt and pepper, to taste

For the Sweet and Sour Sauce:

1 cup brown sugar

2/3 cup white vinegar

¾ cup ketchup

1 tbsp soy sauce

1 tsp garlic powder

1 tbsp cornstarch + 2 tbsp water, mixed into a slurry

DIRECTIONS

1. Preheat oven to 375°F (190°C). Grease a baking sheet or line with foil for easy cleanup.
2. In a large bowl, combine ground beef, breadcrumbs, egg, milk, onion powder, salt, and pepper. Mix until just combined.
3. Roll into 1-inch meatballs and place on the prepared baking sheet.
4. Bake for 20 minutes, or until meatballs are browned and fully cooked through.
5. Meanwhile, in a medium saucepan over medium heat, whisk together brown sugar, vinegar, ketchup, soy sauce, and garlic powder.
6. Bring to a simmer, then stir in the cornstarch slurry and cook for 1-2 minutes until thickened.
7. Add the baked meatballs to the sauce and toss to coat evenly.
8. Serve warm over rice, noodles, or as an appetizer with toothpicks.
9. Optional: Garnish with chopped green onions or sesame seeds for an extra pop of flavor and color.

SWAPS & NOTES

: tangy, sweet, saucy, and endlessly versatile.

Whether you're serving them for dinner or dishing them up at your next get-together, this recipe guarantees a clean plate (and probably a few recipe requests). ? Made it?

Tag @ChefManiac with your sticky-sweet creations and let us know: dinner plate or party tray?

Follow for more bold, family-friendly recipes that bring everyone to the table.

TIPS FOR SUCCESS

Don't overmix the meatball mixture-just combine until it holds together.

For evenly-sized meatballs, use a cookie scoop or tablespoon.

Make meatballs in advance and freeze them; just reheat in the sauce!

This sauce also pairs well with chicken, meatless meatballs, or shrimp. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-and-sour-meatballs-a-tangy-crowd-pleasing-favorite/>