

SWEET-AND-SOUR MEATBALLS

PAGE 87 • BEST BY:

Directions Completely thaw in refrigerator. Prepare in oven or slow cooker.

Oven: Preheat oven to 350°F/180°C. Put meatballs and sauce in an ungreased baking dish and bake, uncovered, for 30 minutes, or until meatballs are heated through.

Slow cooker: Put meatballs and sauce in a slow cooker. Cook on low for 2 to 5 hours, or until meatballs are heated through.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

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