



Cut at the line for a 4x6 Recipe Card

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## ***Sweet & Sour Meatballs Over Rice***

(Dinner)

### Ingredients:

- 1 egg, beaten
- 1/2 cup milk
- 3/4 cup rolled oats
- 1 package onion soup mix
- 1 lb ground beef
- Dash salt & pepper
- Sauce:
  - 1/2 cup sugar
  - 1/4 cup vinegar
  - 1 cup ketchup
  - 3/4 cup water
- 2 teaspoons cornstarch
- Rice:
  - 2 cups rice
  - 2 cups boiled water
- 1 egg
- 1 teaspoon butter
- Green peppers
- Green onion
- Dash salt
- Mushrooms
- Soy sauce

### Directions:

Mix together first 6 ingredients. Roll into balls and bake @ 350 for 40 minutes. Sauce: Bringsauce to boil and serve over meatballs & rice. rice: Fry egg in butter, add green peppers, green onion, mushrooms, soy sauce & dash salt. Boil rice and water for 5-6 minutes, then add ingredients.

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