

Za-Zoom Meatballs

meatballs:

7 Tbsp low sodium soy sauce
6 Tbsp sugar
1 tsp garlic salt
1/4 cup water
3 green onions, diced
1 tsp ginger
1 tsp freshly cracked black pepper
2 lbs ground beef
2 cups panko bread crumbs

sauce:

1 cup brown sugar
2 Tbsp soy sauce
1 1/2 cup water
1 tsp ginger
1 1/2 cup ketchup
1/3 cup pineapple juice
1/3 cup vinegar
salt and pepper to taste

To make meatballs mix together all ingredients except ground beef and bread crumbs. Let sit for 10 minutes. Whisk together all of the sauce ingredients and set aside. Place ground beef in a large bowl and make a well in the center. Pour the bread crumbs in the well and pour soy sauce mixture over the crumbs. Blend together with hands. Shape into meatballs and brown in oil. Place meatballs in a baking dish and pour sauce on top. Bake at 300 for 1 hour. Serve over rice.

serves 8