Hawaiian Meatballs

Ingredients

Meatballs

- 1 pound lean ground beef (I do grass fed)
- 1/2 cup Panko breadcrumbs
- 1 egg, lightly beaten
- 1 tablespoon low-sodium soy sauce OR
- coconut aminos
- 1 tablespoon Worcestershire sauce
- 1 teaspoon minced garlic

Sauce

- 8 ounces crushed pineapple (No added
- sugar)
- 1/4 cup water
- 1/4 cup low-sodium soy sauce OR coconut
- aminos
- 2 TBS honey
- 1.5 tablespoons rice wine vinegar (can sub
- white vinegar)
- 1 tablespoon coconut sugar
- 1 tablespoon freshly grated ginger
- 1 tablespoons cornstarch OR arrowroot
- starch

Optional Toppings

- Chopped green onions and red bell peppers

Directions

1. Preheat oven to 400°F.
2. In a large bowl, combine ground beef, breadcrumbs, egg, soy sauce, Worcestershire, and garlic. Sprinkle salt (about 1/2 tsp)
3. Use your hands or wooden spoon to gently mix ingredients until thoroughly combined but not packed down. Scoop meat into 3 tablespoon (just a guide) mounds and gently roll into balls
4. Heat 2 TBS olive oil over medium heat in saucepan (I prefer to use a cast iron skillet, but any skillet that can go in your oven will work!)
5. Place meatballs in pan. Sear on each side for about 3-4 minutes (until you get a nice browning) They will not be cooked all the way through at this point
6. While meatballs are searing, it is time to make the sauce! In a small bowl combine pineapple, water, soy sauce, honey, rice wine vinegar, coconut sugar, and fresh ginger and cornstarch. Pour sauce over meatballs
7. Place in oven for about 15-18 minutes
8. Remove meatballs from the oven
9. Top with finely chopped red peppers, and green onions if desired!
10. Enjoy!