
Sweet and Sour Meatballs

SERVES: 6

PREP TIME: 5 minutes

COOK TIME: 15 minutes

INGREDIENTS

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| <input type="checkbox"/> 30 gluten-free frozen meatballs | <input type="checkbox"/> ½ c. brown sugar |
| <input type="checkbox"/> 1 (20 ounces) can pineapple tidbits, drained - Set the juice to the side. | <input type="checkbox"/> ¼ c. water |
| <input type="checkbox"/> 2 Tbsp. soy sauce, tamari, or coconut aminos | <input type="checkbox"/> ½ onion, diced |
| <input type="checkbox"/> ½ cup ketchup | <input type="checkbox"/> |

DIRECTIONS

1. Place the meatballs in the bottom of the Instant Pot insert.
2. Mix the pineapple juice, soy sauce, ketchup, brown sugar, and water in a small bowl.
3. Top the meatballs with the pineapple tidbits and diced onion.
4. Pour the pineapple juice mixture over the items in the instant pot.
5. Put the lid on the Instant Pot. Seal the lid. Set the time to 5 minutes.
6. When the timer beeps, quick release the pressure.
7. Serve with rice or mashed potatoes.

NOTES

I found my gluten-free meatballs at Sam's Club. They are Member's Mark brand.