

Life is Sweet and Sour Meatballs

- 1 lb any chopped meat (Beef is traditional, turkey is fine.)
- 1/2 c seasoned breadcrumbs, panko or matzoh meal (Add a bit of seasoning to unseasoned crumbs: salt, pepper, garlic powder, onion powder, oregano, basil, parsley.)
- 1 egg
- 1 jar (455 ml) [Heinz Chili Sauce](#)
- 6 oz red currant jam, blackcurrant jelly or cranberry sauce (Recipe calls for 8 oz, but it's a bit too sweet for my marriage partner and me.)
- 1/2 c cooking sherry

In a medium sized bowl, mix meat, crumbs, seasoning and egg by hand and form into balls.

In a large pot, combine chili sauce, jam and sherry. (Cooking hack: pour sherry into empty chili sauce bottle and shake well to make it easier to empty the jar.) Bring to a boil, then lower heat, add meatballs, simmer uncovered for 45 minutes. A splatter guard is helpful. Makes about 40 cocktail sized meatballs. Serves 10 - 12 as an appetizer. Can be frozen.

Jittery Cook

From **Debra Borden's "Cook Your Marriage Happy"**