



Recipes by Peter

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## Hawaiian Meatballs

This is a very easy recipe to put together as it uses all store-bought ingredients, including the frozen meatballs.

The recipe is cooked in a pressure cooker, such as the Ninja Foodi or Instant Pot pressure cooker.

### INGREDIENTS

- \*32 OZ Frozen Meatballs
- \* 1 20 OZ Can of Pineapple Chunks (Save the Juice!)
- \*1 Red Bell Pepper
- \*1 Green Bell Pepper
- \* 1/3 Cup of White Vinegar
- \* 2 Tablespoons of Soy Sauce
- \* 1/3 Cup Ketchup
- \* 1/3 Cup Asian Seet Chile Sauce
- \* 1/2 Teaspoon of Each: Salt, Ground Ginger, White Pepper (or Black), Garlic Powder, Onion Powder

Optional: 2 TBS of Siracha

Later: 2 TBS of Corn Starch, 2 TBS Water

### DIRECTIONS:

Chop the bell peppers into large ½ inch pieces.

Drain the juice from the can of pineapple chunks into a medium size bowl.

Pour frozen meatballs, chopped peppers, pineapple into pressure cooker.

In the bowl of pineapple juice add the white vinegar, soy sauce, ketchup, Asian sweet chile sauce, spices and mix together.

Pour the juice mixture over the meatballs, peppers, and pineapple.

Set the pressure cooker to HI temperature for 7 minutes.

When the 7 minutes of cooking time is up immediately release the steam.

Remove meatballs, peppers and pineapples from pressure cooker.

Turn the pressure cooker off, back on and set it on Sear and Sauté level 4.

Stir together the corn starch and water and then add this to the sauce mixture. Let the sauce cook for a minute or so to thicken and then add the thickened sauce to the meatballs, peppers and pineapple.

Sprinkle with sliced green onion if desired.

Serve over rice if desired.

Enjoy!