

Long's Maple Syrup

100% Pure Canadian

TANGY MAPLE MEAT BALLS

This is our family favourite!

INGREDIENTS

Meat Balls

- ½ lb ground beef
- ½ lb ground pork
- ¼ cup chopped onion
- 1 egg
- 2 TBSP dried parsley flakes
- 1 tsp Worcestershire sauce
- ½ tsp salt
- ⅛ tsp pepper

Sauce

- 1 TBSP cornstarch
- 1 tsp dry mustard
- ¼ salt
- 1 TBSP vinegar
- ½ cup Long's Maple Syrup
- ¼ cup water

INSTRUCTIONS

1. Combine ground meats, onion, egg, parsley, Worcestershire sauce, ½ tsp salt and pepper.
2. Form into 1½" balls.
3. Place in 8" square pan.
4. Bake at 350°F for 20 minutes.
5. Meanwhile, combine cornstarch, dry mustard and ¼ tsp salt in small saucepan.
6. Gradually stir in vinegar, syrup and water.
7. Cook and stir over medium heat until thickened and bubbly.
8. Drain fat from meat balls and pour sauce over.
9. Return to oven and bake 20 minutes longer.

Makes 4 servings.

Serve on rice.