

SWEET AND SOUR "MEATBALLS"

Vegan

Serves 3-4

INGREDIENTS:

- 1 Pkg Frozen Vegan Meatballs (Trader Joe's or Gardein brands)
- Spaghetti Sauce (your favorite)
- Brown Sugar (Domino "Brownulated" recommended)
- Lemon Juice

PROCEDURE:

Simmer frozen meatballs in spaghetti sauce for about 10 minutes or until heated thoroughly.

Add sugar and lemon juice to taste.

Serve over rice, mashed potatoes, cous-cous or even pasta.