

## Sweet and Spicy Hawaiian Meatballs

### Ingredients:

14 oz bag frozen meatballs (or make your own and freeze before assembling)

20 oz can pineapple chunks including juice

1 cup chopped sweet peppers (red, green, yellow or orange)

1 chopped onion

1 diced jalapeno (omit for less spicy)

¾ c. brown sugar or brown sugar substitute

2/3 cup white vinegar

½ tsp sesame oil

2 Tbsp soy sauce

**To prep:** Stir sugar, vinegar, sesame oil, and soy sauce in a bowl or in the bag. Add the mixture and all other ingredients to a gallon freezer bag. Squeeze out all the air you can. Freeze.

### To cook:

- In slow cooker, cook frozen on high six hours or thawed on low 3 hours.
- In pressure cooker, cook frozen on high 30 mins or thawed 20 mins.

**To serve:** Serve over rice or noodles with a sprinkling of sesame seeds.