

CHINESE MEATBALLS

1 lb ground beef
Cooked rice
1 can (10 ½ ounces) beef broth
1 cup small bread cubes
1/3 cup sliced water chestnuts
1 egg slightly beaten
1/4 teaspoon ground ginger
1/4 cup finely chopped onion
2 tablespoons cornstarch
½ teaspoon salt
1 small green pepper, cut in thin strips
1 can (12 ounces) pineapple chunks
in unsweetened juice

Mix thoroughly beef, bread cubes, egg, onion, salt, and 1/8 teaspoon allspice...drain pineapple, saving juice...shape beef firmly around 16 pineapple chunks to form 16 meatballs...in skillet, brown meatballs, (use shortening if necessary); pour off fat...stir in broth 1/4 cup pineapple juice, water chestnuts, ginger remaining allspice, and pineapple chunks...cover; cook over low heat 20 minutes...combine reserved juice and cornstarch...slowly stir into sauce; add green pepper...stir occasionally...cook, stirring until sauce is thickened and green pepper is done...serve with rice...makes about 4 ½ cups.