

Kabobs

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| 1 1/2 # hamburger | 1 can pineapple chunks |
| 3/4 c uncooked oats | (Reserve juice) |
| 1 egg, beaten | 1 green pepper cut 1" chunks |
| 1 tsp salt | 6 green onions 2" pieces |
| 1 clove garlic | 12 med mushrooms |

Combine beef, oats, egg, salt, pepper & garlic. Mix well.

Shape meat around pineapple chunks to make 18 meatballs.

Alternate green pepper, meatballs, onion & mushrooms on (6)

12-14 skewers. Place kabobs on rack in shallow roasting

pan. Bake in 350° 20 min. Brush w/ Sweet + Sauer Sauce
continue baking 10 min. Serve over rice.

Sweet + Sauer Sauce.

1/4 c unsweetened pineapple j.

1 T. cornstarch

1/4 c maple flavor syrup

1/4 c vinegar

2 T. soy sauce

2 T. ketchup

1 clove garlic

Combine pineapple juice + corn starch. Mix well.

Add remaining ingredients + bring to boil. Reduce heat.
Simmer, stirring frequently, until thickened + clear.