

How To Make CURRY MEATBALLS ON RICE



INGREDIENTS

- 1 lb ground beef
- flour
- salt and pepper
- 1/2 c. butter
- 1 c. water
- 1 - 10 oz. bottle sweet and sour sauce
- 1 - 15 oz. can tomato sauce
- 1 tbsp. curry powder
- 1 tsp. sugar
- 2 c. rice
- Chopped green onion for garnish



INSTRUCTIONS

1. Form the ground beef into walnut sized meatballs.
2. Put about 3/4 c. of flour, seasoned with salt and pepper into a bowl and roll the meatballs in the flour.
3. Melt the butter in a deep skillet and begin browning the meatballs in the butter.
4. While the meatballs begin to brown, put the rice on to cook.
5. When the meatballs are browned, add the water and scrap up the bits from the bottom of the pan to make a sauce.
6. Add the tomato sauce, sweet and sour sauce, curry and sugar. Mix all together and allow to simmer for about 15 min. At this point you can taste the sauce and add more curry to taste.
7. Serve the meatballs and sauce over the rice and garnish with chopped green onion.