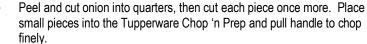
# **Vonnie's Meatballs with Piquant Sauce**

Using the Tupperware Smart Steamer

1 lb. ground beef 1 egg 1/2 cup milk 1/2 cup rolled oats 2 Tbsp. chopped onion 1/2 tsp. pepper 1 tsp. salt



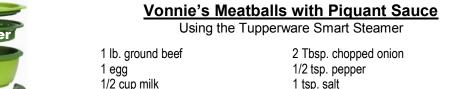






- Combine all ingredients in the Tupperware Medium Thatsa Bowl or other Tupperware mixing bowl.
- Form into meatballs approximately 1-2" in diameter.
- Place meatballs in the Steamer Base of the Tupperware Smart Steamer.
- Add water up to the fill line of the Smart Steamer Water Tray.
- Cover with the Smart Steamer Cover and microwave 15-20 minutes or until done. May add a vegetable in the Colander section and cook at the same time.







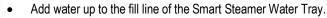


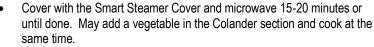
1/2 cup rolled oats

Peel and cut onion into quarters, then cut each piece once more. Place small pieces into the Tupperware Chop 'n Prep and pull handle to chop



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Peel and cut onion into guarters, then cut each piece once more. Place small pieces into the Tupperware Chop 'n Prep and pull handle to chop finely.



- Combine all ingredients in the Tupperware Medium Thatsa Bowl or other Tupperware mixing bowl.
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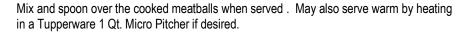
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# **Piquant Sauce**

3-6 Tbsp. Brown Sugar (personal preference for how sweet you like it) 1/2 cup ketchup

1 tsp. dry mustard or substitute 2 Tbsp. prepared mustard



#### Fresh Green Beans\*

Using the Tupperware Smart Steamer

14-16 oz. fresh green beans, washed and trimmed (may substitute frozen) Sea Salt

Black Pepper (coarse, freshly ground) Olive Oil

- Toss green beans with olive oil salt and pepper
- Place in the Colander of the Smart Steamer and place the Colander over the Base containing the meatballs. (May also cook alone in the Base without meatballs)
- Cover and microwave for 15-20 minutes or until tender.

### **Piquant Sauce**

3-6 Tbsp. Brown Sugar (personal preference for how sweet you like it) 1/2 cup ketchup

1 tsp. dry mustard or substitute 2 Tbsp. prepared mustard

Mix and spoon over the cooked meatballs when served. May also serve warm by heating in a Tupperware 1 Qt. Micro Pitcher if desired.

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- May substitute fresh broccoli for the green beans if desired.

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