

## 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



- 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 finely.
- 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.



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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



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

### 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.

\* May substitute fresh broccoli for the green beans if desired.

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