



Polynesian Hot Dogs

1 can Simple Franks, drained and sliced diagonally in 1 inch pieces
1 can (20 ounce) pineapple chunks, reserve liquid, or fresh pineapple
1 medium green bell pepper, cut in one inch pieces
1 medium red or yellow bell pepper, cut in one inch pieces
1 tablespoon oil

Sauce:

1 cup pineapple juice from can or from frozen concentrate
½ cup dark brown sugar
3 tablespoons apple cider vinegar
½ teaspoon garlic powder
2 tablespoons soy sauce or Braggs Liquid Aminos

Thickener:

2 tablespoons cornstarch
¼ cup water

Directions: Mix the sauce ingredients in a small bowl. In a separate dish mix the cornstarch and water until smooth. Heat oil in a large skillet over medium-high heat and brown the hot dogs. Remove them from the pan and the peppers and pineapple. Stir in the sauce and simmer about 5 minutes. Add the cornstarch mixture, stirring constantly until sauce thickens. Add hot dogs and cook on low heat 5 minutes. Serve over rice.

Adapted from recipe by Judith Hanneman