

Meatball Appetizer

Brock Bowers

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 1/2 pounds ground beef
2 eggs
1/4 cup milk
1 cup bread crumbs
1/4 cup chopped onion
1 1/2 tablespoons chopped
parsley
1 1/2 teaspoons salt
1/8 teaspoon pepper
3 tablespoons oil
10 ounces chili sauce
1/2 cup grape jelly
1 tablespoon instant coffee*

In a bowl, combine the ground beef, eggs, milk, crumbs, onion, parsley, salt and pepper. Mix well.

Shape into one-inch meatballs.

Brown in a skillet in hot oil.. Remove the meatballs.

Drain the drippings, leaving just two to three tablespoons.

Add the chili sauce, jelly and coffee. Simmer until the jelly melts, 4 minutes. Add the meatballs. Simmer for 10 minutes.

Serve with toothpicks.

Per Serving (excluding unknown items): 3571 Calories; 240g Fat (60.5% calories from fat); 144g Protein; 208g Carbohydrate; 10g Dietary Fiber; 1011mg Cholesterol; 4892mg Sodium. Exchanges: 5 Grain(Starch); 18 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 37 1/2 Fat; 8 Other Carbohydrates.