

Grandma's Old Fashion Meatball Stew

Paula Macri - Gattuso's Bella Cucina
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FOR THE MEATBALLS

2 pounds lean ground beef
1 package onion soup mix
1 cup seasoned bread crumbs
2 large eggs

FOR THE STEW

10 cups water
1 can tomato soup
4 carrots, chopped
3 large red potatoes, chopped
2 cups fresh green beans, chopped
2 teaspoons salt
1 teaspoon pepper
2 teaspoons onion powder
2 teaspoons garlic pepper

To make the meatballs: In a medium bowl, mix all of the ingredients for the meatballs. Roll into medium balls.

Brown the meatballs in a frying pan until browned on all sides.

For the stew: Mix the tomato soup with the water and place in a slow cooker.

Add all of the remaining ingredients, including the meatballs.

Cover and cook on LOW for six hours.

Per Serving (excluding unknown items): 3508 Calories; 206g Fat (53.5% calories from fat); 205g Protein; 197g Carbohydrate; 23g Dietary Fiber; 1109mg Cholesterol; 12587mg Sodium. Exchanges: 10 1/2 Grain(Starch); 25 Lean Meat; 6 Vegetable; 25 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	3508	Vitamin B6 (mg):	3.7mg
% Calories from Fat:	53.5%	Vitamin B12 (mcg):	22.5mcg
% Calories from Carbohydrates:	22.8%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	23.7%	Riboflavin B2 (mg):	3.1mg
Total Fat (g):	206g	Folacin (mcg):	242mcg
Saturated Fat (g):	80g	Niacin (mg):	54mg
Monounsaturated Fat (g):	89g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0
Cholesterol (mg):	1109mg	% Refuse:	0.0%

Carbohydrate (g): 197g
 Dietary Fiber (g): 23g
 Protein (g): 205g
 Sodium (mg): 12587mg
 Potassium (mg): 5571mg
 Calcium (mg): 505mg
 Iron (mg): 28mg
 Zinc (mg): 40mg
 Vitamin C (mg): 140mg
 Vitamin A (i.u.): 82216IU
 Vitamin A (r.e.): 8311 1/2RE

Food Exchanges

Grain (Starch): 10 1/2
 Lean Meat: 25
 Vegetable: 6
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 25 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3508 **Calories from Fat:** 1877

% Daily Values*

Total Fat 206g	317%
Saturated Fat 80g	402%
Cholesterol 1109mg	370%
Sodium 12587mg	524%
Total Carbohydrates 197g	66%
Dietary Fiber 23g	90%
Protein 205g	
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Vitamin A	1644%
Vitamin C	233%
Calcium	50%
Iron	156%

* Percent Daily Values are based on a 2000 calorie diet.