

Meatball Stew

Peter Prismanick

Gourmet Eating in South Carolina - (1985)

2 pounds ground beef

2 - 3 eggs

bread crumbs

1 can wax beans

salt (to taste)

pepper (to taste)

1 can tomato sauce

1 can tomatoes

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In a bowl, mix together the ground beef, eggs, salt, pepper and bread crumbs. Form into meat balls. Set aside.

In a deep pan, place the beans and a little water. Bring to a boil.

Add the tomato sauce and tomatoes. Bring to a boil.

Drop the meat balls into the mixture and stir gently.

Simmer for two hours. (If the sauce does not get thick, add a little cornstarch or flour.)

Serve over rice.

Per Serving (excluding unknown items): 3064 Calories; 252g Fat (74.7% calories from fat); 168g Protein; 24g Carbohydrate; 5g Dietary Fiber; 1196mg Cholesterol; 2251mg Sodium. Exchanges: 23 1/2 Lean Meat; 4 Vegetable; 37 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	3064	Vitamin B6 (mg):	2.8mg
% Calories from Fat:	74.7%	Vitamin B12 (mcg):	25.4mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	22.1%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	252g	Folacin (mcg):	155mcg
Saturated Fat (g):	101g	Niacin (mg):	44mg
Monounsaturated Fat (g):	110g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	11g
Cholesterol (mg):	1196mg
Carbohydrate (g):	24g
Dietary Fiber (g):	5g
Protein (g):	168g
Sodium (mg):	2251mg
Potassium (mg):	3398mg
Calcium (mg):	167mg
Iron (mg):	20mg
Zinc (mg):	34mg
Vitamin C (mg):	39mg
Vitamin A (i.u.):	3690IU
Vitamin A (r.e.):	460RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	23 1/2
Vegetable:	4
Fruit:	0
Non-Fat Milk:	0
Fat:	37
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	3064	Calories from Fat: 2287
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% Daily Values*

Total Fat	252g	387%
Saturated Fat	101g	505%
Cholesterol	1196mg	399%
Sodium	2251mg	94%
Total Carbohydrates	24g	8%
Dietary Fiber	5g	20%
Protein	168g	
Vitamin A		74%
Vitamin C		65%
Calcium		17%
Iron		111%

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