

Mulligan Stew

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 1/2 cups tomatoes
2/3 pound ground beef
1/2 pound spaghetti
1 cup cracker crumbs
1 small onion
1 egg
salt
pepper*

Place the tomatoes into a kettle. Add sufficient water to make the amount of broth needed.

Make the meat balls: In a bowl, mix the meat, cracker crumbs, egg, onion, salt and pepper. Form into balls 1-1/2 inches in diameter. Drop the meatballs into the tomato broth.

Cook for one hour.

About 15 minutes before the stew is done, add the spaghetti.

Serve with crackers.

Per Serving (excluding unknown items): 1944 Calories; 89g Fat (41.7% calories from fat); 89g Protein; 192g Carbohydrate; 10g Dietary Fiber; 467mg Cholesterol; 317mg Sodium. Exchanges: 11 1/2 Grain(Starch); 8 Lean Meat; 4 Vegetable; 12 1/2 Fat.