
Beef Fricasse

Blanche Antrim - Daleville, IN

Olde Family Favorites - Order of the Eastern Star -1965

1 1/2 pounds ground beef
1/2 cup dry bread crumbs
1 small onion, chopped
1 egg, slightly beaten
1 1/4 teaspoons salt
pepper
1 tablespoon Worcestershire sauce
1/4 teaspoon poultry seasoning
1/4 cup shortening
1/3 cup flour
20 ounces tomatoes (No 2 can)
3 cups water or four bouillon cubes dissolved in three cups of boiling water
3 large potatoes, quartered
2 carrots, chopped
1 large onion, quartered
1/2 teaspoon thyme
1 bay leaf
4 cloves
20 ounces green beans (No 2 can)
celery tops

In a bowl, mix the beef, bread crumbs, onion, egg, salt, pepper, Worcestershire sauce and poultry seasoning. Mix well. Shape the mixture into eighteen meatballs.

In a Dutch oven, melt the shortening. Stir in flour until smooth. Cook until golden in color. Stir in the tomatoes and water.

Drop in the meatballs, potatoes, carrots, onion, thyme, bay leaf, cloves and celery tops. Bring to a boil. Reduce the heat and simmer for one hour and 30 minutes.

10 minutes before serving, add the green beans.

Yield: 8 to 10 servings

Ground Beef

Per Serving (excluding unknown items): 3538 Calories; 247g Fat (62.4% calories from fat); 144g Protein; 190g Carbohydrate; 26g Dietary Fiber; 791mg Cholesterol; 3955mg Sodium. Exchanges: 10 Grain(Starch); 17 Lean Meat; 6 Vegetable; 39 1/2 Fat; 0 Other Carbohydrates.