

Applesauce Meatballs

F. Como

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

*1 pound ground beef
1/2 cup applesauce
1/4 cup soft bread crumbs
1 egg, beaten
1 1/2 teaspoons salt
1/4 teaspoon pepper
flour (for dredging)
2 tablespoons fat, melted
1 stalk celery, thinly sliced
1/2 green pepper, minced
1 carrot, thinly sliced
1 small onion, thinly sliced
2 cups tomato juice*

In a bowl, combine the ground beef, applesauce, bread crumbs and egg. Add one teaspoon of salt and 1/8 teaspoon of the pepper.. Mix well. Shape into small balls. Dredge them in flour. In a skillet, brown them in the melted fat.

Place the meatballs in a casserole dish.

In the skillet, add the celery, green pepper, carrot, onion and tomato juice. Season with the remaining salt and pepper. Bring the sauce to a boil. Pour the sauce over the meatballs. Cover.

Bake for about 45 minutes in a 375 degree oven.

Serve at once with the sauce spooned over the meatballs.

Per Serving (excluding unknown items): 505 Calories; 38g Fat (67.7% calories from fat); 22g Protein; 19g Carbohydrate; 3g Dietary Fiber; 156mg Cholesterol; 1367mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 1/2 Fruit; 6 Fat.