

Barbequed Meatballs

Ann Ethridge

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 4

2 slices bread

1 pound ground beef

1/2 cup milk

salt

pepper

SAUCE

1 1/2 tablespoons

Worcestershire sauce

1/2 cup catsup

1/4 cup vinegar

1/2 cup minced onion

1/2 cup water

1 tablespoon sugar

1/2 cup minced bell pepper

Preheat the oven to 375 degrees.

In a bowl, crumble the bread in milk.

In a bowl, season the meat. Add the milk and bread. Mix and form into balls.

Place the balls into a medium casserole dish.

In a bowl, combine the Worcestershire sauce, catsup, vinegar, minced onion, water, sugar and bell pepper. Pour the sauce over the meatballs.

Bake for 45 minutes.

Per Serving (excluding unknown items): 461 Calories; 32g Fat (61.8% calories from fat); 22g Protein; 23g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 572mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.