

# Meatball Skillet

Alice R Klin

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

*1 small onion, chopped  
1 pound ground beef  
1 tablespoon margarine  
2 tablespoons flour  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
1 egg  
1/4 cup milk  
2 tablespoons flour  
1 can (14-3/4 ounce)  
consomme'  
margarine  
8 small potatoes, quartered  
lengthwise and crosswise  
1 teaspoon salt  
dash pepper  
2 cups canned peas or  
whole kernel corn*

For the meatballs: In a skillet, cook the onion in one tablespoon of margarine (do not brown).

In a bowl, combine the ground beef, two tablespoons of flour, salt, pepper, egg and milk. Mix well. Add the onion and mix thoroughly.

Form into one-inch meatballs. In a large skillet, brown the meatballs in additional margarine. Turn as they brown. Set aside.

Blend two tablespoons of flour into fat in the skillet. Add the consomme'. Cook, stirring constantly, until it thickens. Add the meatballs and the potatoes. Sprinkle with a teaspoon of salt and a dash of pepper. Cover. Simmer until tender.

Add the peas or corn (whichever using). Cook for 10 minutes longer (approximately 30 to 40 minutes in total).

(Great meal in an electric skillet.)

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Per Serving (excluding unknown items): 2550 Calories; 140g Fat (49.6% calories from fat); 109g Protein; 213g Carbohydrate; 19g Dietary Fiber; 606mg Cholesterol; 5934mg Sodium. Exchanges: 13 1/2 Grain(Starch); 11 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 21 Fat.