

Montana Crock Pot Sweet and Sour Meatballs

*Gloria M Marchwick - Culbertson, MT
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Yield: 6 to 12 servings

*2 cups dry bread crumbs
2 pounds ground beef
1/2 cup milk
1/2 teaspoon salt
2 eggs
1/4 teaspoon garlic salt
2 cups ketchup
1/4 cup Worcestershire sauce
1 cup water
1 cup brown sugar
5 tablespoons vinegar*

Preparation Time: 20 minutes**Bake Time: 30 minutes**

Grind the dry bread crumbs.

In a bowl, combine and mix the ground beef, bread crumbs, milk, salt, eggs and garlic salt. Form into meatballs.

Into a bowl, mix the ketchup, Worcestershire sauce, water, brown sugar and vinegar.

Place the meatballs in a baking dish. Pour the sauce over the meatballs. Bake in a 350 degree oven until the meatballs are well browned and the sauce is bubbly.

(You can alternately place the meatballs in a crock pot and pour the sauce over the top. Cook on HIGH until the meatballs are done.)

Per Serving (excluding unknown items): 4995 Calories; 268g Fat (48.0% calories from fat); 203g Protein; 451g Carbohydrate; 12g Dietary Fiber; 1212mg Cholesterol; 10603mg Sodium. Exchanges: 10 1/2 Grain(Starch); 23 1/2 Lean Meat; 1/2 Non-Fat Milk; 40 Fat; 19 Other Carbohydrates.