
Mushroom Meatballs II

Betty Bassett

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

1 can (14-3/4 ounce) cream of mushroom soup

1/2 can water

1 pound ground beef

1/2 cup fine bread crumbs

1 egg, slightly beaten

2 tablespoons minced onion

1 tablespoon minced parsley

1/4 teaspoon salt

In a bowl, combine the mushroom soup with one-half can of water. Mix well.

Place 1/4 cup of the soup mixture into a large bowl. Add the ground beef, bread crumbs, egg, onion, parsley and salt. Mix well. Shape the mixture into meatballs about 1-1/2 inch in diameter. Place the meatballs on an ungreased cookie sheet.

Brown the meatballs in the oven at 400 degrees for 10 minutes or until browned. Drain the grease.

Place the meatballs into a skillet. Add the remainder of the mushroom soup mixture. Cook over low heat for 15 minutes, stirring occasionally.

Ground Beef

Per Serving (excluding unknown items): 1620 Calories; 135g Fat (75.9% calories from fat); 84g Protein; 12g Carbohydrate; 1g Dietary Fiber; 600mg Cholesterol; 1950mg Sodium. Exchanges: 1/2 Grain(Starch); 11 1/2 Lean Meat; 1/2 Vegetable; 20 1/2 Fat.