

---

# Porcupine Meatballs III

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 4

**1 cup minute rice**

**1 egg, beaten**

**1 pound ground beef**

**2 teaspoons salt**

**2 teaspoons grated onion**

**pepper (to taste)**

**2 1/2 cups tomato juice**

**1/2 teaspoon sugar**

**parsley (for garnish) (optional)**

In a bowl, mix the rice, egg, ground beef, salt, onion, pepper and 1/2 cup of tomato juice. Mix well. Shape into meatballs.

Brown the meatballs in a skillet.

In a bowl, blend the remaining 1/2 cup of tomato juice and the sugar. Pour into the skillet with the meatballs. Bring to a full boil. Cover and simmer slowly for 15 to 20 minutes.

Sprinkle with parsley if desired. Serve.

## **Ground Beef**

---

*Per Serving (excluding unknown items): 399 Calories; 31g Fat (71.1% calories from fat); 22g Protein; 7g Carbohydrate; 2g Dietary Fiber; 149mg Cholesterol; 1711mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.*