

Porcupine Meatballs

Barbara Wells - Hudson's Northland

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

*1 pound ground beef
1/4 cup uncooked rice
1 egg, slightly beaten
1/4 cup minced onion
1 teaspoon salt
2 tablespoons shortening
1 can (10-3/4 ounce)
condensed tomato soup
1 cup water*

In a medium bowl, combine the beef, rice, egg, onion and salt. Shape into 1-1/2 inch balls (about sixteen).

In a large skillet, brown the meatballs in shortening. Drain.

In a medium bowl, combine the soup and water. Pour over the meatballs. Cover. Simmer for 40 minutes or until the rice is tender. Stir as needed.

Per Serving (excluding unknown items): 473 Calories; 39g Fat (73.9% calories from fat); 22g Protein; 9g Carbohydrate; trace Dietary Fiber; 149mg Cholesterol; 977mg Sodium. Exchanges: Grain(Starch); 3 Lean Meat; 1 Vegetable; 6 Fat.