

Swedish Meatballs II

Carol Helms - Marshall Field's Orland Square

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

*1 pound ground beef
1/4 cup chopped onion
1 cup bread crumbs
1 egg, slightly beaten
1 teaspoon salt
1 1/3 cups milk
2 tablespoons butter or margarine
1 cube beef bouillon
1 cup hot water
2 tablespoons all-purpose flour
1 teaspoon Worcestershire sauce*

In a mixing bowl, combine the beef, onion, bread crumbs, egg, salt and 1/3 cup of milk. Mix well. Form into meatballs.

In a large skillet, brown the meatballs in butter. Remove from the pan. Stir flour into the pan drippings, stir until smooth and blended.

Dissolve the bouillon in hot water. Add the remaining milk, bouillon and Worcestershire sauce to the pan drippings. Stir until smooth and blended. Return the meatballs to the pan. Cover and simmer for 30 minutes.

Meatballs

Per Serving (excluding unknown items): 2406 Calories; 166g Fat (62.8% calories from fat); 110g Protein; 112g Carbohydrate; 5254mg Sodium. Exchanges: 6 Grain(Starch); 11 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Non-Fat Milk; 26 Fat; 0