

Sweet and Savory Meatballs

John Feeney

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

*1 pound ground beef
1/4 cup bread crumbs
1/4 cup chopped onion
1 egg, slightly beaten
1 tablespoon shortening
1 can mushroom soup
1/2 cup tomatoes, drained
and chopped
2 tablespoons vinegar
2 tablespoons brown sugar
2 teaspoons soy sauce
dash pepper
small clove garlic, minced*

In a bowl, mix the beef, crumbs, onion, egg and garlic. Shape into sixteen meatballs.

In a skillet, brown the meatballs in the shortening. Pour off the fat.

Add the soup, tomatoes, vinegar, brown sugar, soy sauce and pepper. Mix well. Cover. Simmer over low heat for 20 minutes. Stir occasionally.

Serve over rice or noodles.

Per Serving (excluding unknown items): 1943 Calories; 149g Fat (69.6% calories from fat); 89g Protein; 57g Carbohydrate; 3g Dietary Fiber; 600mg Cholesterol; 2195mg Sodium. Exchanges: 2 Grain(Starch); 11 1/2 Lean Meat; 1 1/2 Vegetable; 23 Fat; 1 1/2 Other Carbohydrates.