

# Beef and Sauerkraut Dinner

*Marilyn Dietz - White, SD  
Taste of Home Prize-Winning Recipes*

## **Servings: 6**

*1 egg, lightly beaten  
1 1/2 cups soft rye bread crumbs  
1/3 cup milk  
1/4 cup onion, chopped  
1 tablespoon cider vinegar  
1 1/2 teaspoons caraway seeds  
1 teaspoon salt  
1 1/2 pounds ground beef  
1 tablespoon vegetable oil  
2 cans (15 ounces ea) sliced potatoes,  
drained  
2 cans (14 ounces ea) sauerkraut,  
undrained  
2 tablespoons fresh parsley, minced  
1/4 cup mayonnaise (optional)  
1/4 cup horseradish (optional)*

In a bowl, combine the egg, bread crumbs, milk, onion, vinegar, caraway and salt. Crumble the beef over the mixture and mix well. Shape into 1-1/2-inch balls.

In a Dutch oven, over medium heat, brown the meatballs in oil. Drain. Add the potatoes and sauerkraut and mix well. Bring to a boil.

Reduce the heat. Cover and simmer for 15 to 20 minutes or until heated through. Sprinkle with parsley.

If sauce is desired, combine the mayonnaise and horseradish. Serve on the side.

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Per Serving (excluding unknown items): 442 Calories; 34g Fat (70.1% calories from fat); 22g Protein; 11g Carbohydrate; 3g Dietary Fiber; 134mg Cholesterol; 1046mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.