

# Japanese Meat Balls

*Louise Rousseau Brunner  
Casserole Treasury (1964)*

## **Servings: 6**

*1 pound lean ground beef  
1/4 cup fine bread crumbs  
2/3 cup onion, chopped  
1 teaspoon salt  
1/8 teaspoon pepper  
2/3 cup evaporated milk  
2 tablespoons butter or margarine  
1 can (19 ounce) bean sprouts  
1/4 cup cornstarch  
1/4 cup water  
1/2 cup soy sauce  
1 1/2 cups thin-sliced onions  
1 cup thin-sliced mushrooms  
1 cup raw spinach, shredded*

In a bowl, mix well the beef, crumbs, onion, salt, pepper and milk. Shape into twelve meat balls.

In a heavy skillet, melt the butter on medium heat. Brown the meat balls well on all sides.

Drain the bean sprouts but reserve the liquid. If necessary, add water to make 1-1/2 cups.

In a bowl, mix the cornstarch and water into a smooth paste.

Stir the bean sprout liquid into the skillet with the meat balls. Add the cornstarch, stirring constantly until it is smooth and thickened. Add the soy sauce.

Pour the mixture into a two-quart casserole. Cover.

Bake for 25 minutes in a 350 degree oven or until the sauce is clear.

Remove from the oven. Stir in the bean sprouts, onions, mushrooms and spinach. Cover.

Continue baking about 10 minutes longer.

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Per Serving (excluding unknown items): 316 Calories; 22g Fat (62.2% calories from fat); 17g Protein; 12g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 1850mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	316	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	62.2%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	15.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	22.1%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	22g	<b>Folacin (mcg):</b>	26mcg
<b>Saturated Fat (g):</b>	10g	<b>Niacin (mg):</b>	4mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	75mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	12g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	17g	<b>Lean Meat:</b>	2
<b>Sodium (mg):</b>	1850mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	380mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	92mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	3
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	4mg		
<b>Vitamin A (i.u.):</b>	258IU		
<b>Vitamin A (r.e.):</b>	56 1/2RE		

**Nutrition Facts**

Servings per Recipe: 6

Amount Per Serving	
<b>Calories</b>	316
	Calories from Fat: 197
% Daily Values*	
<b>Total Fat</b>	22g 33%
Saturated Fat	10g 50%
<b>Cholesterol</b>	75mg 25%
<b>Sodium</b>	1850mg 77%
<b>Total Carbohydrates</b>	12g 4%
Dietary Fiber	1g 4%
<b>Protein</b>	17g
<b>Vitamin A</b>	5%
<b>Vitamin C</b>	7%
<b>Calcium</b>	9%
<b>Iron</b>	12%

\* Percent Daily Values are based on a 2000 calorie diet.