

# Meat Ball Casserole

*Connie Stanish*

*St. Mary's Home & School Association - Griffith, IN (1978)*

*1 pound ground beef  
3/4 cup dry bread crumbs  
1 cup (4 ounce) Cheddar cheese  
1/3 cup milk  
1/4 cup chopped onion  
1 egg  
4 cups potatoes, sliced thin  
1/8 teaspoon pepper  
1 package (9 ounce) frozen cut green  
beans, thawed  
1/3 cup flour  
1 teaspoon salt  
1 can (15 ounce) tomato sauce OR 1  
can (10-3/4 ounce) cream of  
mushroom soup  
1 tablespoon soy sauce*

Preheat the oven to 350 degrees.

Spray a 11-3/4x7-1/4x1-3/4-inch baking dish with nonstick cooking spray.

In a bowl, combine the ground beef, bread crumbs, cheddar cheese, milk, onion and egg. Mix lightly. Shape into twenty-four 1-1/2-inch balls.

In a bowl, combine the potatoes, beans, flour, salt, pepper and soy sauce.

Layer the potato mixture on the bottom of the baking dish.

Place half of the sauce or soup atop the potato mixture.

Layer the meatballs next and then the remaining sauce.

Bake for 45 to 55 minutes or until the potatoes are done

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Per Serving (excluding unknown items): 2959 Calories; 171g Fat (52.4% calories from fat); 141g Protein; 209g Carbohydrate; 14g Dietary Fiber; 728mg Cholesterol; 5019mg Sodium. Exchanges: 13 Grain(Starch); 15 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 25 Fat.

Beef

**Per Serving Nutritional Analysis**

**% Calories from Fat:** 52.4%  
**% Calories from Carbohydrates:** 28.5%  
**% Calories from Protein:** 19.2%  
**Total Fat (g):** 171g  
**Saturated Fat (g):** 77g  
**Monounsaturated Fat (g):** 68g  
**Polyunsaturated Fat (g):** 8g  
**Cholesterol (mg):** 728mg  
**Carbohydrate (g):** 209g  
**Dietary Fiber (g):** 14g  
**Protein (g):** 141g  
**Sodium (mg):** 5019mg  
**Potassium (mg):** 4928mg  
**Calcium (mg):** 1235mg  
**Iron (mg):** 22mg  
**Zinc (mg):** 24mg  
**Vitamin C (mg):** 122mg  
**Vitamin A (i.u.):** 1548IU  
**Vitamin A (r.e.):** 461 1/2RE

**Vitamin B12 (mcg):** 13.9mcg  
**Thiamin B1 (mg):** 1.7mg  
**Riboflavin B2 (mg):** 2.2mg  
**Folacin (mcg):** 199mcg  
**Niacin (mg):** 38mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.0%

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### Food Exchanges

**Grain (Starch):** 13  
**Lean Meat:** 15 1/2  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 25  
**Other Carbohydrates:** 0

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### Nutrition Facts

#### Amount Per Serving

**Calories** 2959                      **Calories from Fat:** 1550

#### % Daily Values\*

<b>Total Fat</b>	171g	263%
Saturated Fat	77g	386%
<b>Cholesterol</b>	728mg	243%
<b>Sodium</b>	5019mg	209%
<b>Total Carbohydrates</b>	209g	70%
Dietary Fiber	14g	55%
<b>Protein</b>	141g	
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<b>Vitamin A</b>		31%
<b>Vitamin C</b>		203%
<b>Calcium</b>		123%
<b>Iron</b>		119%

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