

Meat Balls Stroganoff

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 pound lean ground beef
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup ketchup
1 tablespoon Worcestershire sauce
1/4 cup onion, minced
1/2 cup bread or corn flake crumbs
1 1/2 cups evaporated milk
2 tablespoons flour
2 tablespoons vegetable oil
1 can cream of mushroom soup
1 tablespoon vinegar
1 1/2 teaspoons Worcestershire sauce

In a bowl, mix together the beef, salt, pepper, ketchup, one tablespoon of Worcestershire sauce, onion, crumbs and one cup of evaporated milk. Mix well. Shape into sixteen meat balls.

Roll the meat balls in flour. Brown in the hot oil in a heavy skillet. Arrange in a medium casserole. Pour off any fat remaining in the skillet.

In a bowl, mix the remaining cup of evaporated milk, soup, vinegar and one and one-half cup of Worcestershire sauce. Blend well. Add to the skillet. When hot, pour the sauce over the meat balls.

Bake for 10 minutes in a 350 degree oven or finish on top of the stove over very low heat.

(Serve with buttered noodles or fluffy rice.)

Per Serving (excluding unknown items): 526 Calories; 38g Fat (64.7% calories from fat); 27g Protein; 19g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 945mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 5 1/2 Fat; 1/2 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	526	Vitamin B6 (mg):	.4mg
% Calories from Fat:	64.7%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	14.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.0%	Riboflavin B2 (mg):	.6mg

