

Beef

Meatball Meal-In-One

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 1

MICROWAVE COOKING DIRECTIONS: Prepare meatballs. Place in a small glass casserole. Cook, covered, on HIGH for 3 minutes; remove meatballs. Wipe out dish. Place potato, carrot and 1/4 cup water in dish. Season with salt and pepper. Cook, covered, for 5 minutes; drain off liquid.

Melt butter for 40 seconds in a small bowl. Stir in flour, 1/8 teaspoon salt and dash of pepper. Add milk. Cook uncovered, for 1 1/2 minutes, stirring every 30 seconds. Pour over vegetables; top with meatballs. Cook, covered, for 2 minutes. Sprinkle with paprika.

1/3 cup bread crumbs
2 tablespoons milk
1/8 teaspoon salt
dash garlic salt
dash dried basil, crushed
1/4 pound ground beef
1 small potato, peeled and crushed
1 medium (1/2 cup) carrot, sliced
1 tablespoon butter or margarine
1 tablespoon all-purpose flour
1/8 teaspoon salt
dash pepper
1/2 cup milk
paprika

Preheat oven to 350 degrees.

Combine bread crumbs, milk, salt, garlic salt and basil in a small bowl. Add meat, ; mix well. Shape into four meatballs; set aside. Combine potato and carrot in a small casserole; sprinkle with salt and pepper.

Melt butter in a saucepan. Stir in flour, 1/8 teaspoon salt and dash of pepper. Add milk; cook and stir for until thickened and bubbly. Pour over vegetables; top with meatballs.

Bake, covered, for 30 minutes. Uncover; bake 10 minutes longer. Sprinkle with paprika.

Per Serving (excluding unknown items): 845 Calories; 49g Fat (52.2% calories from fat); 33g Protein; 68g Carbohydrate; 5g Dietary Fiber; 148mg Cholesterol; 1124mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 8 Fat.