

**Beef**

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# **Salisbury Meatballs**

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**Servings: 4**

**Start to Finish Time: 20 minutes**

**1 large sweet onion, halved and thinly sliced**

**1 tablespoon brown sugar**

**3 tablespoons butter**

**2 jars (3 oz ea) beef gravy**

**1 package (12 oz) frozen fully-cooked homestyle meatballs, thawed**

**hot cooked egg noodles**

In a large skillet, Saute' the onion and brown sugar in butter until the onion is tender.

Add the gravy and meatballs.

Bring to a boil. Reduce the heat. Simmer uncovered, for 4 to 6 minutes or until the meatballs are heated through, stirring occasionally.

Serve with noodles.

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Per Serving (excluding unknown items): 172 Calories; 12g Fat (60.9% calories from fat); 6g Protein; 12g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 904mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.