
Baked Swedish Meatballs

Audrey Mostoller - Montreal, Canada

Olde Family Favorites - Order of the Eastern Star -1965

1 tablespoon water
1 tablespoon onion, minced
1 pound ground beef
1 cup leftover cooked chopped spinach, well drained
2 cups cereal flakes
1 egg, slightly beaten
2 teaspoons Worcestershire sauce
1/2 teaspoon ground nutmeg
3/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup water
1 can condensed cream of mushroom soup

In a bowl, mix one tablespoon of water and the onion. Let stand for 2 minutes.

In a bowl, combine the ground beef, onion, spinach, cereal, egg, Worcestershire sauce, nutmeg, salt and pepper. Mix well. Shape the mixture into balls about 1-1/2-inch in diameter. Place the meatballs into a shallow baking dish.

Bake for 40 minutes at 350 degrees.

In a bowl, gradually add 1/2 cup of water to the mushroom soup. Blend thoroughly. Pour the mixture over the meatballs in the baking dish.

Bake the meatballs for 20 minutes longer.

Yield: 4 to 6 servings

Meatballs

Per Serving (excluding unknown items): 1814 Calories; 149g Fat (74.7% calories from fat); 87g Protein; 26g Carbohydrate; 1g Dietary Fiber; 601mg Cholesterol; 4551mg Sodium. Exchanges: 1 1/2 Grain(Starch); 11 1/2 Lean Meat; 0 Vegetable; 23 Fat; 0 Other Carbohydrates.