
Jewish Meatballs

Beverly Radow - Florida

North American Potpourri - Autism Directory Service, Inc - 1993

1 pound chopped meat
1 egg, beaten
1 slice squeezed white bread or matzo meal
1/4 cup tomato juice
ketchup (to taste)
salt
pepper
grated garlic
grated onion (to taste)
1 can (29 ounce) tomato sauce
1 can tomato paste
1 tablespoon sugar

In a large pot, simmer the tomato sauce, tomato paste, one cup of water, salt, pepper, garlic, onion and sugar. Mix well.

In a bowl, mix the meat, egg, bread, tomato juice and ketchup. Add one tablespoon of cold water.

When the sauce has been simmering for at least 15 minutes, form small meatballs of the meat mixture (keep your hands moistened). Drop the meatballs in the sauce. Cover tightly.

Cook on a small flame for 1-1/2 hours. Gently stir occasionally.

Serve over spaghetti.

Meatballs

Per Serving (excluding unknown items): 314 Calories; 6g Fat (15.9% calories from fat); 15g Protein; 58g Carbohydrate; 10g Dietary Fiber; 212mg Cholesterol; 2807mg Sodium. Exchanges: 1 Lean Meat; 8 1/2 Vegetable; 1/2 Fat; 1 Other Carbohydrates.