

# Meatball Mix

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*2 cups dried bread crumbs  
1 tablespoon salt  
1/2 teaspoon black pepper  
1 tablespoon parsley flakes  
1/2 cup non-fat dry milk  
3 teaspoons poultry  
seasoning  
3 tablespoons instant  
minced onion  
3 tablespoons green pepper  
flakes  
1/3 cup water  
1 egg , beaten  
2/3 cup seasoning mix  
1 pound ground beef  
1 jar (24 ounce or larger)  
spaghetti sauce*

In a bowl, mix the bread crumbs, salt, black pepper, parsley flakes, dry milk, poultry seasoning, minced onion and pepper flakes.

Store the mixture in a tightly covered container in a cool place. Makes three cups.

When ready to cook, add the water, egg, seasoning mix and ground beef. Mix well.

Shape into two-inch balls. Place the meatballs into a saucepan. Add the spaghetti sauce. Simmer until well heated.

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Per Serving (excluding unknown items): 1693 Calories; 133g Fat (70.8% calories from fat); 80g Protein; 43g Carbohydrate; 9g Dietary Fiber; 386mg Cholesterol; 7943mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 7 1/2 Vegetable; 20 1/2 Fat.