
Meatball Stroganoff

Diane Gradowski

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 1/2 pounds ground chuck
3/4 cup milk
3/4 cup bread crumbs
3 tablespoons parsley
salt (to taste)
pepper (to taste)
1/4 cup butter or margarine
3/4 cup minced onions
3/4 teaspoon paprika
2 tablespoons flour
1 can condensed beef bouillon
1/2 teaspoon Worcestershire sauce
1/2 cup sour cream
cooked rice or noodles

In a bowl, combine the ground chuck, milk, bread crumbs and parsley. Add salt and pepper to taste. Shape the mixture into 1-1/4 inch balls. Saute' in a skillet in two tablespoons of butter until browned. Remove and reserve.

Add two tablespoons more butter to the skillet. Saute' the onions with paprika until tender, approximately 5 minutes. Sprinkle flour over the mixture and stir. While stirring, slowly add the beef bouillon.

Return the meatballs to the sauce. Cover. Simmer for 10 minutes.

Just before serving, stir in the Worcestershire sauce and sour cream. Heat.

Serve with rice or noodles.

Ground Beef

Per Serving (excluding unknown items): 2996 Calories; 222g Fat (67.5% calories from fat); 144g Protein; 97g Carbohydrate; 5g Dietary Fiber; 711mg Cholesterol; 1823mg Sodium. Exchanges: 4 1/2 Grain(Starch); 17 1/2 Lean Meat; 2 Vegetable; 1 Non-Fat Milk; 33 1/2 Fat; 0 Other Carbohydrates.