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# Mexican Meatballs

*Mrs Mildred Spencer - Mancos, CO*

*Olde Family Favorites - Order of the Eastern Star -1965*

Servings: 6

**1 pound ground beef**  
**2 tablespoons onion, chopped**  
**2 tablespoons green pepper, chopped**  
**1 egg, beaten**  
**1/2 cup milk**  
**1/4 cup corn meal**  
**1 teaspoon chili powder**  
**1 1/2 teaspoons dry mustard**  
**1 teaspoon salt**  
**1/4 cup flour**  
**1/4 cup fat**  
**1 1/2 cups cooked tomatoes**

In a bowl, combine the ground beef, onion, green pepper, egg, milk, corn meal, chili powder, mustard and salt. Mix well. Form the mixture into small balls. Roll the balls in flour.

In a skillet, brown the meat balls in the fat. Drain the excess fat.

Pour the tomatoes over the meatballs.

Cook in the oven or over low heat in the skillet until done.

## **Meatballs**

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*Per Serving (excluding unknown items): 360 Calories; 30g Fat (76.6% calories from fat); 15g Protein; 6g Carbohydrate; trace Dietary Fiber; 111mg Cholesterol; 433mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat.*