
Swedish Meat Balls II

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

1 1/2 pounds ground beef
1/2 pound ground pork
1/4 pound ground veal
2 eggs
1 cup evaporated milk
1 cup dry bread crumbs
1/2 cup quick-cooking oatmeal
2 cans cream of mushroom soup
minced onion
1/2 teaspoon cloves
1/2 teaspoon allspice
salt
pepper

In a bowl, mix together the beef, pork, veal, eggs, milk, bread crumbs, oatmeal, onion, cloves, allspice, salt and pepper. Mix well. Form the mixture into small balls. In a hot skillet, brown the balls in oil, shaking the skillet back and forth to keep them from sticking.

Place the balls in a casserole dish. Stri the two cans of cream of mushroom soup together with ONE can of water. Mix well. Pour over the meat balls.

Bake at 325 degrees for 45 minutes to one hour.

Meatballs

Per Serving (excluding unknown items): 4050 Calories; 290g Fat (65.3% calories from fat); 221g Protein; 124g Carbohydrate; 4g Dietary Fiber; 1338mg Cholesterol; 4088mg Sodium. Exchanges: 6 Grain(Starch); 26 1/2 Lean Meat; 2 Non-Fat Milk; 42 1/2 Fat.