

Sweet and Sour Meatballs II

Pat Zank

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

Yield: 7 dozen meatballs

2 pounds ground beef

1/2 cup bread crumbs

1/2 cup onions, diced

2 teaspoons salt

1/8 teaspoon pepper

1 tablespoon chopped

parsley

2 eggs

1/4 cup milk

1 jar apple jelly

1 cup ketchup

2 tablespoons red wine

vinegar

dash ground cloves

In a bowl, mix together the ground beef, bread crumbs, onions, salt, pepper, parsley, eggs and milk. Mix well.

Form the meat mixture into balls, using one tablespoon of mixture for each ball. Place the meatballs on a greased baking sheet.

Bake in the oven at 350 degrees for 10 minutes. Drain. Place the meatballs into a casserole dish.

In a saucepan, combine the apple jelly, ketchup, vinegar and cloves. Heat until the jelly melts. Pour over the meatballs in the casserole dish.

Bake for an additional 5 minutes.

Per Serving (excluding unknown items): 3550 Calories; 257g Fat (65.3% calories from fat); 177g Protein; 130g Carbohydrate; 6g Dietary Fiber; 1204mg Cholesterol; 8382mg Sodium. Exchanges: 2 1/2 Grain(Starch); 23 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 38 Fat; 5 1/2 Other Carbohydrates.