

Beef

Macaroni and Meatballs

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

2 eggs, beaten
3/4 cup bread crumbs
2 tablespoons onion, finely chopped
2 tablespoons green pepper, finely chopped
2 tablespoons fresh parsley
1 tablespoon dried oregano, crushed
1/4 teaspoon garlic salt
dash pepper
1 pound ground beef
1 pkg (7 1/4 oz) macaroni and cheese dinner mix
1 env (2 1/2 oz) sour cream sauce mix
2 cups milk

Preheat oven to 375 degrees.

In medium bowl, combine eggs, bread crumbs, onion, green pepper, parsley, 1/2 teaspoon of oregano, garlic salt, and a dash of pepper. add ground beef; mix well. Shape into 24 meatballs. Place in a shallow baking pan. Bake, uncovered, for about 20 minutes.

Meanwhile, cook macaroni from dinner mix in boiling salted water according to package directions; drain. Combine dry cheese mix from packaged dinner, sour cream sauce mix and the remaining 1/2 teaspoon of oregano; beat in milk. Stir in the cooked macaroni.

Place mixture into a 12x7 1/2x2-inch baking dish. Arrange meatballs on top. Bake, uncovered, until heated through, about 20 to 25 minutes.

Per Serving (excluding unknown items): 368 Calories; 25g Fat (62.6% calories from fat); 19g Protein; 15g Carbohydrate; 1g Dietary Fiber; 146mg Cholesterol; 317mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.