MICKI’S MEATBALLS

SERVES 6

INGREDIENTS

1 cup of dry TVP (Textured Vegetable Protein)
1 pound ground beef
1 whole egg
1/8 teaspoon onion salt
Chopped onion to taste
1 can of cream of mushroom soup
1 teaspoon Kitchen Bouquet browning and seasoning sauce (for color)
1/4 teaspoon onion salt

DIRECTIONS

1. Mix dry TVP with 1 cup of warm water.
2. Mix rehydrated TVP with ground beef, egg, onion salt, and chopped onions. (This mixture may be refrigerated overnight at this point to allow the beef flavor to blend with the TVP.)
3. Shape into meatballs 2 inches in diameter.
5. Add cream of mushroom soup, 2 soup cans of water, Kitchen Bouquet, and onion salt.
6. Simmer for 15 to 25 minutes or until gravy is smooth and thickened.

NUTRITION INFORMATION:

Calories: 255
Fat: 9.8 grams
Saturated Fat: 2.9 grams
Trans Fat: 0 grams
Cholesterol: 98 milligrams
Carbohydrates: 9.1 grams
Dietary Fiber: 2.7 grams
Protein: 32.2 grams
Sodium: 834 milligrams
Vitamin A 1%
Calcium 7%
Vitamin C 0%
Iron 25%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/14)