

Italian-Style Meat Balls

Serve meatballs on a bun for lunch. If you make double this recipe, the leftovers can be frozen and reheated later for a quick meal.

Makes 2 servings

Cost: \$0.78 per serving

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| ½ lb | ground beef | 200 g |
| ¼ cup | rolled oats | 50 ml |
| 2 tbsp | ketchup | 30 ml |
| 2 tbsp | finely chopped onion | 30 ml |
| 2 | eggs, beaten | 2 |
| 1 tsp | Italian seasoning | 5 ml |
| ½ tsp | salt | 2 ml |
| ½ tsp | pepper | 2 ml |
| 2 tsp | vegetable oil | 10 ml |
| ¼ cup | water | 50 ml |
| 1/8 tsp | dry mustard | ½ ml |
| 2 tbsp | ketchup | 30 ml |

1. Put beef, oats, ketchup, onion, eggs, Italian seasoning, salt and pepper in a large bowl. Mix well.
2. Shape meat mixture into ten small balls.
3. Turn on stove to medium-high heat. Put oil in a small fry pan. Add the meatballs. Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook 10 to 15 minutes. Drain off fat.
4. Mix ketchup, water and mustard in a small bowl. Pour over meat balls. Cover and cook 5 minutes longer.

Per serving: 535 calories
Calories from fat: 54%
Excellent source of: iron
Good source of: folic acid

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