

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

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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