

Dinner #6 - Porcupine Meat Balls

Date: 6/24/96

MENU: Porcupine Meat Balls, vegetable, potato or rice

SHOPPING LIST:

| ITEM | PER PERSON | TOTAL | ITEM | PER PERSON | TOTAL |
|----------------|------------|-------|----------------------|------------|-------|
| uncooked rice* | 1/8 cup | | salt* | 1/4 tsp | |
| chopped onion* | 1/12 cup | | pepper* | 1/32 tsp | |
| celery salt* | 1/8 tsp | | ground beef | 1/4 pound | |
| garlic powder* | 1/32 tsp | | tomato sauce | 4 ounces | |
| cooking oil | 1/2 tbsp | | Worcestershire sauce | 1/2 tsp | |
| brown sugar | 1/2 tbsp | | | | |

PLAN:

At Home: Combine ingredients marked *and 1/2 cup of water. Add beef and mix well. Shape into 1-1/2" balls. Refrigerate

90 MINUTES BEFORE MEAL: Brown meatballs in oil. Drain. Combine tomato sauce, 1 cup of water, brown sugar, and Worcestershire sauce; pour over meat balls. Reduce heat, cover, simmer for 1 hour. Start vegetables and rice in time to be ready at same time as meatballs.