

Swedish Meatballs

Julie Jentzen's

Meatballs

3 Lbs Ground Beef
2 Eggs
 $\frac{1}{2}$ C. Diced Onion
12 oz Can Evaporated Milk
2 C. Quick Instant Oats
1 t. Pepper
2 t. Chili Powder
2 t. Salt

Mix above ingredients together.

Form golf ball sized meatballs

Cook meatballs only for 15 minutes
in oven at 350 degrees.

Drain grease. Cover meatballs with
sauce then cook 30 more minutes.

Sauce

3 C. Brown Sugar
3 C. Ketchup (36oz Bottle)
3 T. Liquid Smoke
 $\frac{3}{4}$ t. Garlic Salt
 $\frac{1}{2}$ C. Diced Onion

Heat all sauce ingredients in
a sauce pan until it boils.

These are wonderful to take to pot luck dinners. Keep them warm in a Crock Pot. They freeze well also. It is a lot of sugar but it doesn't take much sauce.

My Family likes them best with Green Beans, Baked Potato, and Crescent Rolls!

A meatball is a generally spherical mass of ground meat and other ingredients, such as bread or breadcrumbs, minced onion, various spices, and possibly eggs, cooked by frying, baking, steaming, or braising in sauce.

There are many kinds of meatball recipes using different kinds of meats and spices. While some meatballs are mostly made of meat and ingredients to cement the ball, others may include other ingredients. How one makes one's meatballs depends as much on one's cultural background as on one's individual taste. There are even "meatless" meatballs to satisfy vegetarian palates.

Other Cultural References

- In the sport of baseball, a poorly thrown pitch which travels slowly through the high portion of the strike zone is referred to as a "meatball." Such a pitch is easy to time and swing on, and the resulting hit is often for extra bases or even a home run (sometimes called, among many other nicknames, a tater)
- In the United States Navy, a "meatball" is a visual signaling device used on aircraft carriers to inform pilots on landing approach that they are in the proper glide slope to land safely on the carrier deck.
- The classic blue-circle-and-red-vector emblem of NASA is referred to as "The Meatball".

