

MEAT BALL POT ROAST



1 lb. lean ground beef  
1/2 cup coarse Saltine crumbs  
1/2 cup milk  
1/4 cup finely chopped green pepper  
1/4 cup finely chopped celery  
1 egg  
1 tsp. salt & 1/4 teasp. pepper  
1/4 cup flour  
1/4 cup butter or oleo  
1 Envelope ( 1 3/8 oz.) dry onion soup  
2 cups boiling water  
1 cup sour cream (optional)

Gently mix meat, cracker crumbs, milk, green pepper.  
Shape into 18 balls. Roll each ball in flour reserving  
any leftover.

Brown meat balls in butter and remove from skillet.  
Into drippings in pan, stir soup mix and boiling  
water.

Add meat balls, cover and simmer 25 minutes.

Blend 1/3 cup cold water with leftover flour, cook  
and stir until thick - Add sour cream and heat  
till hot. Have cooked diced potatoes & carrots or  
noodles already cooked.

Put on platter and pour meat balls and gravy over top

Serves 6.