



## SWEDISH MEAT BALLS 4

- 1 Cup Milk
- 2 Cups Bread Crumbs
- 1 1/2 Pounds Hamburger
- 1/2 Pound Ground Veal
- 2 Eggs, Beaten
- 1/4 Cup Finely Chopped Onion
- 2 Teaspoons Salt
- 1/8 Teaspoon Allspice
- 1/16 Teaspoon Ground Cloves
- 1/2 Teaspoon Monosodium Glutamate
- 3 Tablespoons Fat
- 1 1/2 Tablespoons Flour
- 1/2 Teaspoon Salt
- 1 1/2 Cups Water

### DIRECTIONS

1. Combine hamburger, veal, eggs, onion, 2 teaspoons salt, allspice, cloves and monosodium glutamate.
2. Form into 1 inch balls and place in skillet with fat.
3. Brown on all sides and then place in a casserole.
4. Put flour and 1/2 teaspoon salt in skillet.
5. Add water, scrap up bits and cook until thick, stirring constantly.
6. Pour over meat balls, cover and bake in a 350 degree oven for 1 hour.