

# #7

## Freezer Meatballs 1991 Heartland Newsletter

3 lbs. ground beef  
½ cup milk  
3 eggs  
5 slices dry bread, crumbled  
1 tsp. onion powder  
2 tsp. salt

Mix all the above and form into walnut sized balls - will make about 48 meatballs. Bake on foil-line jelly roll pan at 375° F for 20-25 minutes. Remove meatballs from pan and freeze on flat tray. When completely frozen, transfer from tray into freezer bags or containers.

When ready to use, take out desired number of meatballs and thaw. Meatballs will taste best when heated with a sauce, such as spaghetti sauce or barbecue sauce.

Credit as: 2 meatballs = 1½ oz. meat.