

Meatballs with Cream Sauce

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Serves 6 – 4 meatballs per serving – 349 calories for 4 meatballs and 1/6 of the sauce

Meatballs

- 1 egg (lightly beaten)
- 1/4 cup 1% milk
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 3/4 cup quick-cooking oats
- 1/4 cup finely chopped onion
- 1/4 cup minced fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 pounds lean ground beef
- 3 tablespoons all-purpose flour

Cream Sauce

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon dried thyme
- Salt and pepper to taste
- 1 14 oz can chicken broth
- 2/3 cup half and half
- 2 tablespoons minced fresh parsley

Meatballs

1. Preheat oven to 400°.
2. In a large bowl, combine the egg, milk, ketchup, Worcestershire sauce, oats, onion, parsley, salt and pepper. Crumble beef over mixture and mix well.
3. Shape into 1-1/2-in. balls. Roll in flour, shaking off excess.
4. Place meatballs on greased racks in shallow baking pans. Bake, uncovered, at for 10 minutes. Turn meatballs; bake until meat is no longer pink, 12-15 minutes longer.

Cream Sauce

1. Melt butter in a saucepan over medium heat. Stir in the flour, thyme, salt and pepper until smooth.
2. Gradually add broth and half and half. Bring to a boil; cook and stir until thickened, 2 minutes.
3. Drain meatballs on paper towels; transfer to a serving dish. Serve with sauce; sprinkle with parsley.

Main Course

Beef

meatballs