

Hutchinson Meatballs

Serves two adults, one toddler and a little extra for a midnight snack

¾ lb. ground beef
2 slices bread, cubed into tiny pieces
½ t. salt
¼ t. ground ginger
¼ t. allspice
¼ t. black pepper
1 egg
Cooking spray

1 T. non-dairy margarine
½ small onion, chopped

2 T. cornstarch
1 can beef consommé
½ c. water
1 T. Worcestershire

½ c. non-dairy sour cream
¼ c. fresh parsley, coarsely chopped

Egg noodles, cooked

Combine beef and next 6 ingredients (bread through egg) and roll into little meatballs. Coat the bottom of a large pan with cooking spray. Place on medium to medium-high heat and cook meatballs until browned evenly (about 7-8 minutes).

Add non-dairy margarine and chopped onion and cook for about five minutes.

In a separate bowl, mix cornstarch through Worcestershire. Beat with fork until blended. Add to meatball and onion mixture and bring to a boil. Reduce heat to low and cook for about 5-10 minutes or until thickened.

Add non-dairy sour cream and parsley and heat. Salt and pepper to taste.

Serve over cooked egg noodles.

Note: Non-dairy ingredients can be substituted for the real thing if desired.