

# porcupine balls

Serves: 6

Prep and Cook time: 1 hr 10 min

Per serving: 447 calories, 28 g fat, 185 mg sodium

1 3/4 lb ground beef  
2 eggs, beaten

2/3 cup long-grain white rice

3 cans (10.75 oz) condensed tomato soup

1. Preheat the oven to 375° F. In a bowl, combine the beef, eggs, and rice, and season with sea salt and pepper. Mix well and form into 1 ½ inch meatballs.

2. Place in a large baking dish and cover with the soup. Take each can and swirl with 3 to 4 TBS water. Add this liquid to the meatballs.

3. Cover and bake until the ground beef is cooked through and the rice is tender, about 50 minutes. Remove the lid for the last 15 minutes.

Vary It! Serve with mashed potatoes and steamed veggies like broccoli and carrots. For extra veggie content, add some grated zucchini or finely chopped fresh herbs to the ground beef mixture.

