



PORCUPINE MEAT BALLS

- 1 Pound Ground Beef
- 1/2 Cup Uncooked Rice
- 1 Teaspoon Salt
- 1/8 Teaspoon Pepper
- 1 Onion, Sliced
- 1/2 Green Pepper, Sliced
- 1 Tablespoon Shortening
- 2 1/2 Cups Tomato Juice
- Dash Nutmeg
- Salt and Pepper

DIRECTIONS

1. Combine ground beef, rice, salt and pepper.
2. Form into 1 1/2 inch diameter balls.
3. Place in a baking dish.
4. In a skillet, brown the onions and green pepper in shortening.
5. Add tomato juice, nutmeg, salt and pepper.
6. Pour over meat balls.
7. Cover.
8. Bake in a 350 degree oven for 1 hour.