

## Salisbury Meatballs (from Fix, Freeze, Feast cookbook, adjusted to 8 entrees)

### Meatballs

8	lbs	ground beef
4	cups	bread crumbs
3/4	cups	milk
6		eggs
1/3	cups	minced onion
2 1/2	tbs	minced garlic
1	tbs	salt
2 1/2	tsp	black pepper

### Sauce

1 1/2	cup	butter
2	lbs	fresh sliced white mushrooms
1 1/3	cup	all-purpose flour
10 1/2	cups	water
5 1/2	cups	half and half
2 1/2	tbs	Worcestershire sauce
2 1/2	tbs	beef bouillon granules
2	tsp	black pepper

8 one gallon freezer bags

1. Preheat oven to 500 degrees.
2. Combine beef, breadcrumbs, milk, eggs, onion, garlic, salt and pepper in a large bowl. Shape into 1 to 1.5 inch meatballs, placing them together on a lightly greased baking sheet. Bake for 15 minutes.
3. Melt butter in a large stockpot over medium heat. Add mushrooms and cook, stirring, until soft, about 7 minutes. Stir in flour. Mixture will be lumpy. Cook, stirring, for 2 minutes. Gradually stir in water and half-and-half; cook stirring, until sauce thickens, about 15 minutes. Whisk to make sauce smooth. Add Worcestershire sauce, bouillon and pepper. Cool sauce.

4. Divide cooled meatballs and sauce evenly among the freezer bags.
5. Seal and freeze.

To prepare an entrée: Completely thaw in refrigerator. Prepare in either oven or stove top. On stove top—bring meatballs and sauce to simmer in a large skillet over medium heat until meatballs are heated through. Do not boil. In Oven—preheat oven to 350 degrees. Pour sauce and meatballs into an ungreased baking dish and bake, uncovered, for 30 minutes or until meatballs are heated through. Serve over rice, mashed potatoes or noodles.