

- » 4 slices bread (crust removed)
- » 1/2 cup (125 mL) skim milk
- » 1/2 teaspoon (2 mL) garlic powder
- » 1 teaspoon (5 mL) onion salt
- » 1 pound (500 g) lean ground beef
- » 1 egg (beaten)
- » 1 quart (1 L) water
- » 1 small bay leaf
- » 1 teaspoon (5 mL) salt
- » 1 clove

YIELD: 8 servings

EXCHANGE: 2 high fat meat, 1 bread per serving

CALORIES: 190 per serving

Soak bread in skim milk. Add garlic powder, onion salt, ground beef, and egg; mix thoroughly. Form into 8 balls. Combine water, bay leaf, salt, and clove. Bring to boil. Drop balls into boiling water. Cook until beef is done (about 15 minutes). Drain before placing on hot platter.