

- » 2 pounds (1 kg) lean ground beef
- » 1/4 cup (60 mL) onion (grated)
- » 1 cup (250 mL) soft bread crumbs
- » 1 egg
- » 1/4 cup (60 mL) parsley (finely snipped)
- » 1 1/4 teaspoons (6 mL) salt
- » dash each pepper, thyme, marjoram
- » 1 teaspoon (5 mL) evaporated milk

**YIELD:** 12 servings

**EXCHANGE:** 2 1/2 high-fat meat, 1/4 bread per serving

**CALORIES:** 237 per serving

Combine all ingredients. Add just enough water to form firm ball. Press into baking dish. Bake at 350°F (175°C) for 1 1/2 hours.

**MICROWAVE:** Cook on High for 15 minutes. Turn dish halfway through cooking time. Allow to rest for 5 minutes before serving.