

from the kitchen of

"Swedish Meat Balls" Agnes Ekblom

1 lb ground chuck

2 slices White Bread (crumbled)

1 egg

1 tsp salt

1/2 tsp. black pepper

1/2 tsp whole allspice (ground)

1/4 tsp ground cloves

water to moisten bread

1 large grated onion

Fry in hot pan, using Crisco

(Always use whole spices
crushed)

(If you want 2 lbs.
add 1 lb. ground
sirloin)