
















Recipe for: Mexican Meat Balls!



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Grocery List:










-  1 egg
-  1/2 cup water
-  1/2 teaspoon salt
-  1 3/4 ounces Chile mix
-  1/2 cup cornmeal
-  1 1/2 pounds ground beef
-  2 cups tomato juice
-  1 tablespoon lemon juice

Inventory:

-  Baking Sheet
-  Large Bowl
-  Skillet/Crock Pot
-  Wooden Spoon
-  Toothpicks

-  = **Adult needs to help!**
-  = **Kitcheneer approved activity!**

Cooking Directions:

-  Combine egg, water, salt and 2 tablespoons from package of chili seasoning; mix lightly.
-  Add cornmeal and ground beef.
-  Shape into small meatballs.
-  Arrange on an ungreased shallow baking sheet.
-  Bake in 450 degree oven 10 to 15 minutes, until done.
-  Combine in large skillet, chafing dish, or in a crock pot the remaining chili mix, tomato juice, and lemon juice.
-  Add meatballs; heat to simmering.
-  Keep warm.
-  Serve with wooden picks.

eat smart, be smart!