

## Porcupine Meatballs

### Meatball Ingredients:

- 1 pound ground beef
- 1 egg
- 1/2 cup uncooked white rice
- 1/3 cup chopped onion or 1 tsp onion powder
- 1 teaspoon salt
- 1/2 teaspoon celery salt
- 1 clove of minced garlic or 1/8 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/2 cup water (as needed)

### Sauce:

- 1 (15 ounce) can tomato sauce
- 1 cup water
- 2 teaspoon Worcestershire sauce
- 2 Tablespoons of brown sugar

### Instructions:

- Mix the ground beef, egg, rice, onion, salt, celery salt, garlic powder, and black pepper in a bowl. Only add water 1 Tablespoon at a time or until meatballs are wet and moldable. You may not need to add any water. Roll the mixture into 12 meatballs.
- Freezer directions:
  - Heat a large skillet over medium-high heat and add the meatballs. Cook meatballs, turning occasionally, until evenly browned.
  - Drain any excess grease.
  - Mix remaining ingredients. Pour into a freezer bag, then place the cooled meatballs into the sauce.
  - Seal and freeze for up to 6 months.
  - On cooking day, defrost in the refrigerator and transfer to an oven safe dish or skillet and continue with below directions.
- Skillet directions:
  - Cover and simmer until the meatballs are no longer pink in the center and the rice is tender, about 45 minutes.
  - Stir in more water if the sauce looks too dry (and turn down your heat).
- Oven or air fryer directions:
  - Cover and cook at 350 for 45 minutes.
  - Uncover and cook for 15 minutes longer.

### Serving suggestions:

Serve meatballs over a bed of cooked rice and a green veggie.