



## MOCK MEATBALLS

Provide by Lucille Lehmann

- 1 medium onion, chopped fine
- 3 eggs beaten
- 1 c. oatmeal
- 1 c. bread crumbs
- 3 Tbsp. Cream or evaporated milk
- $\frac{3}{4}$  c. cottage cheese
- 1 c. Colby cheese, grated
- 1 tsp. Parsley
- $\frac{1}{8}$  tsp. Sage
- 1 Tbsp. Torumel powder (high protein yeast)
- 1 tsp salt
- $\frac{1}{4}$  tsp. Garlic salt

Mix all ingredients. Let stand 1 – 2 hours. Drop by teaspoonfuls into hot oil. Fry until light brown on both sides. Place in casserole. Cover with following sauce:

- 1 can mushroom soup
- 1 tsp. Soy sauce
- $\frac{1}{3}$  to  $\frac{1}{2}$  can water

Bake at 350 degrees about 30 minutes