

LOBSTER ROUNDS

2 c. lobster	Salt
1 hard boiled egg, chopped	Pepper
1 tomato, peeled, drained and chopped	Mayonnaise
	Wheat rounds
	Cucumber slices

Mix lobster, egg, tomato, salt, pepper and mayonnaise. Pile on wheat rounds. Garnish center with cucumber slices.
Susan Ruskin, Montgomery Council

MEAT BALLS (For Hors D'Oeuvres)

2 lb. hamburger meat	2/3 c. brown sugar
1 c. chopped onions	3 Tbsp. butter
1 c. chopped bell peppers	1/2 c. bread crumbs
1 can tomato soup	1/2 c. Parmesan cheese, grated

Saute 1/2 cup onions and 1/2 cup bell peppers in butter; add tomato soup and brown sugar. Let simmer. This sauce turns reddish-brown. Take hamburger meat, 1/2 cup onion, 1/2 cup bell pepper, bread crumbs and cheese; mix together. Knead several times. Roll into small bite size meat balls. Broil; drain off grease. Put meat balls in sauce. Let simmer all day. These can be frozen. Just take out of freezer and put in refrigerator to thaw the day before you wish to serve. Serve in fondue pot.

Sheilah Miller, Birmingham East Council



SWEET AND SOUR MEAT BALLS

Meat Balls:

1 env. onion soup	1/2 c. dry oats and 2 Tbsp. bread crumbs
2 lb. ground meat	bread crumbs

Mix the above and make into small meat balls. Place on cookie sheet and brown in 400° oven for about 20 minutes. Drain.

Sauce:

1 or 1 1/2 c. apricot nectar	2 Tbsp. mustard
1 c. catsup	3/4 c. brown sugar
2 Tbsp. horseradish	1/2 c. vinegar

Blend all and cook slowly for about 10 minutes before adding meat balls. Simmer for 10-15 minutes.

Sherry Lonnergan, Anniston Council