

GLUTEN FREE
MEATBALLS WITH MUSHROOM DILL SAUCE



INGREDIENTS:

- 1 lb lean ground beef
- 1 egg
- 1/4 cup milk
- 1/2 cup gluten-free bread crumbs
- 1 small onion, chopped
- 1 Tbsp gluten-free BBQ sauce
- 1/2 tsp garlic powder
- salt and pepper to taste

Mushroom Dill Sauce

- 2 Tbsp butter
- 1/2 cup mushrooms, sliced (can be left out or use canned)
- 1 small onion, chopped
- 1 tsp dried dill
- 1 can gluten-free cream of mushroom soup- Almers
- 1/4 cup water (for creamier sauce use milk)

DIRECTIONS:

Meatballs

1. Mix together and form into balls.
2. Brown meatballs and place in casserole dish.
3. Cover with sauce and bake at 350 degrees F until hot.

Mushroom Dill Sauce

1. Fry onions and dill in butter and add mushrooms.
2. Stir in soup and water. If not thick enough thicken with a bit of cornstarch.

NOTES TO THE RECIPIENT: (ie//best served with/cooked/uncooked/how long to heat/etc)

Date Prepared (dd/mm/yyyy): _____

**Please print off this page, write down the date the food was prepared,
attach this page to the container, and drop it off at the church office.
Thank you in advance!**