POOR MAN'S STROGANOFF

1 lb. hamburger
½ to 1 med. onion, chopped
1 can cream of chicken soup
1 sm. can mushrooms, sliced
1 dash of garlic salt to taste
1 c. sour cream
1 (8-oz.) pkg. wide noodles

Brown hamburger and cook onion together. Drain grease. Add soup, mushrooms and garlic salt. Simmer 5-7 minutes. Stir in sour cream just to heat through. Serve over noodles.

SWEDISH MEATBALLS

1 c. fine, dry bread crumbs
1 lb. ground round
½ lb. ground pork
½ c. mashed potatoes
1 egg, beaten
1 tsp. salt
½ tsp. MSG (opt.)
½ tsp. brown sugar
¼ tsp. pepper
¼ tsp. allspice
¼ tsp. nutmeg
⅛ tsp. cloves
⅛ tsp. ginger

Mix all of the ingredients together except for ½ cup of the bread crumbs. Shape into tight 1-inch balls. Roll lightly into remaining crumbs. Heat a mixture of butter and oil in skillet (about 3 tablespoons). Brown the meatballs, shaking pan to brown evenly and keep round. Cover and cook about 15 minutes, until cooked through. Serve with a cream gravy.