

Iowa Hamballs

Recipe from Lynette Kemp



Background: Apparently hamballs are a “thing” among Iowa Lutherans, according to a story on public radio. I checked with my Iowa Lutheran subject matter experts, and sure enough, they are indeed a thing in the great Lutheran state of Iowa. As a lifelong Lutheran who has attended many church basement dinners, I had never heard of hamballs and thus was intrigued. I had to make them. After cooking experimental hamballs for my husband, who deemed them edible, I introduced them to Vermont at a WLC festival feast (potluck) lunch. Those who dared to dish them onto

their plates declared them to be tasty. I don’t know if the Iowa hamball will ever become the Vermont hamball and as popular as poutine or creemees, but here is the Iowa hamball recipe for your gustatory enjoyment.

I googled “hamballs” (you can Bing them, if you prefer) and found this recipe on the Taste of Home website: <http://www.tasteofhome.com/recipes/iowa-ham-balls>. This is the recipe I use, but there are many, many variations of the tasty hamball recipe. Enjoy!

Warning: Hamballs are sweet, dense, and will not fit into your weight-loss plan.

Ingredients

- 3-1/2 pounds ground ham
- 1-1/2 pounds ground beef
- 3 eggs, beaten
- 2 cups milk
- 3 cups graham cracker crumbs
- 2 cans (10-3/4 ounces each) tomato soup, undiluted
- 3/4 cup vinegar
- 2-1/2 cups packed brown sugar
- 1 teaspoon prepared mustard

Directions

*In a large bowl, combine first five ingredients. Using a 1/3 cup measure, shape mixture into 2-in. balls. Place in two large shallow roasting pans. Combine all remaining ingredients; pour over balls. Bake at 325° for 1 hour, basting frequently with sauce. **Yield:** about 15 servings.*