

GARLIC CUMIN MEATBALLS

with Romanian Red Garlic
Makes 12 Meatballs



INGREDIENTS

- ½# Ground Beef
- ½# Ground Turkey
- 1c Bread Crumbs
- 1T +1t Romanian Red Garlic Slices
- 2T fresh or dried Parsley,
chopped if fresh
- 2t ground Cumin
- 1/4t Black Pepper
- 1T Salt
- 1T Worcestershire Sauce
- 1each Egg

NOTES:

Pan "steaming" the meatballs is best method for the texture of the meatball. The steam allows a light lift from the egg without drying out the lean meat.

These meatballs are as versatile as they come. Pair them with spaghetti, tahini sauce & fattoush or in a meatball sub. If you're looking for a healthier route, top a grain & greens salad.

DIRECTIONS

1. In a small bowl or mortar & pestle, break up the garlic slivers so they are crumbled but not ground.
2. In a large bowl, combine all the ingredients.
3. Using a flat spoon or your hands, mix all the ingredients together until well mixed.
4. Portion into meatballs! Divide by 12 for large sized meatballs, great for sandwiches, or make them smaller for your spaghetti.
5. To cook: Heat up a saute pan with a 1/4" of water. Cover with a lid & heat until steam as built up.
6. Add the meatballs, re-lid and cook until the meatballs are fully cooked, about 8-10 minutes. The internal temperature will be 165°F

