

# Sauce Meatball

Traditional Turkish meatballs in savory tomato sauce with rice and vegetables. Tender, flavorful comfort food ready in 60 minutes.

20	40	60	4	Hard
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Sauce Meatball

## Ingredients

- 1.1 lb ground beef
- 1 onion
- 2 tomato
- 2 tbsp rice
- 1 carrot
- 1 potato
- 8 sprig parsley
- 0.5 tbsp salt
- 0.25 tsp black pepper

## Instructions

- 1 Prepare the meatball mixture**

Combine 1.1 lb ground beef, 1 finely diced onion, 2 tbsp chopped fresh parsley, and 1/2 tsp uncooked rice in a large mixing bowl. Season with 1 tsp salt and 1/4 tsp black pepper. Mix thoroughly with your hands until all ingredients are evenly distributed and the mixture holds together when squeezed.
- 2 Roll the mixture into walnut-sized meatballs using damp hands to prevent sticking. You should have about 20-25 meatballs. Place them on a plate and set aside.**
- 3 Start cooking the meatballs**

Bring 6 cups of water and 1 tsp salt to a rolling boil in a large, heavy-bottomed pot over high heat.
- 4 Carefully add the meatballs to the boiling water one by one. Return to a boil and cook for 10 minutes without stirring for the first 5 minutes to prevent the meatballs from breaking apart.**
- 5 Add the vegetables**

Grate 1 large carrot and 1 medium potato using the large holes of a box grater. Grate 1 large tomato as well, discarding the skin if it separates. Add all grated vegetables directly to the pot with the meatballs.
- 6 Add 8 sprigs of fresh herbs to the pot. Reduce heat to medium-low and maintain a gentle simmer. Cook for 20-25 minutes until the rice inside the meatballs is tender and the vegetables are completely soft. Stir gently every 10 minutes to prevent sticking.**
- 7 Remove the herb sprigs and taste the broth. Adjust seasoning with additional salt and black pepper as needed. Serve immediately in bowls with some of the cooking liquid as a light broth.**

## Tips

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Use cold hands when shaping the meatballs to prevent the mixture from becoming sticky and difficult to work with.

Grate the vegetables on the finest setting to ensure they cook quickly and create a smooth, thick sauce.

Don't skip the resting time after mixing the meatball ingredients - this allows the rice to soften slightly and the flavors to meld.

Keep the meatballs small and uniform in size to ensure even cooking throughout the dish.

If the sauce becomes too thick during cooking, add hot water or broth one tablespoon at a time until you reach the desired consistency.

Taste and adjust seasoning near the end of cooking, as the flavors concentrate as the liquid reduces.

For extra flavor depth, brown the meatballs lightly in oil before adding them to the sauce.