



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mtevez Lezzetler® Turkish cooking recipes

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## Meatballs with Green Peas

Bezelyeli Kfte



Meatballs with Green Peas (Bezelyeli Kfte)

2 cups canned green peas  
1 big carrot  
10 shallots  
1 medium potato  
5 tbsp vegetable oil  
1 tsp salt  
2 tsp sweet red pepper powder  
2 + 1/2 cups water or broth

For the Meatballs:  
8.8 ounces ground meat  
1 slice of stale bread  
1 medium onion  
1/2 tsp salt  
1/2 tsp black pepper  
1 tsp tomato paste

- # Mix the grated onion with stale bread slices. Add ground meat, tomato paste, salt and black pepper on it. Knead the mixture for 5 minutes.
- # Pick walnut sized pieces from the prepared mixture and roll them into balls. Cover the meatballs with flour.
- # Put vegetable oil into a pot and make it hot over medium heat. Then add the 111s, and fry them until their color changes.
- # Add diced carrot on it, 5 minutes later add diced potato, 5 more minutes later add canned peas in it also.
- # After sauting the final mixture for about 5 minutes, add 2 + 1/2 cup hot water or hot broth into the mixture.
- # When the mixture reaches to the boiling temperature, add salt and sweet red pepper powder in it and stir the mixture.
- # Finally, add the meatballs in it. Cover the lid of the pot and cook it over medium heat for 25 minutes.
- # Place them onto the service plate and sprinkle finely sliced parsley and dill all over the meatballs, if you want. Serve it hot.

Note: 1 tbsp sweet red pepper paste may be added into the mixture instead of sweet pepper powder, for cooking the Meatballs with Green Peas.