



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

Meatballs with Green Peas

Bezelyeli Köfte



Meatballs with Green Peas (Bezelyeli Köfte)

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 11s, 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 sautéing 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.