



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

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## Meatballs with Onion

Soğanlı Köfte



1.10 pounds ground meat  
1/2 cup rice  
1 tsp salt  
1 tsp black pepper  
Crumbs, as much as the mixture gets in

For the Mixture:  
4 medium onions  
8 tbsp olive oil  
1 + 1/2 tbsp tomato paste  
1 tsp salt  
3 cups water  
2 tbsp vinegar

- # Wash the rice and strain it. Then, put it into a small pot. Add 5 cups cold water on it, and place the pot over low heat.
- # Cook it until the rice soaks the water totally.
- # Remove it from the stove and let it cool down.
- # Put ground meat, boiled and cooled down rice, salt and black pepper into a deep mixing bowl.
- # Add crumbs in it during the kneading, until the mixture reaches to the right consistency (about 5 minutes). It must not stick to your hands.
- # Pick pieces, which are smaller than walnuts, from the kneaded mixture and shape them into patties. Place these patties onto a large plate. Then, place this plate onto the lowest layer of the fridge to refrigerate them for half an hour.
- # Then fry the meatballs with some oil.
- # Put vegetable oil into a separate pot and make it hot over medium heat. Then, add quarter circle shaped sliced onion in it and fry them.
- # When the onion turns into yellow, add tomato paste and salt in it. Sauté this mixture, until the smell of the paste goes away.
- # Add water on it. When the water mixture reaches to the boiling temperature, add the fried meatballs in it and cook the mixture for about 10 more minutes.
- # Finally add the vinegar in it and stir the mixture without losing the shapes of the meatballs. 2 minutes later, remove the pot from the mixture.
- # Serve it hot.

**Note:** The vinegar, makes the meat meals softer and more delicious.