



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

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## Skillet Meatballs

Tava Köftesi



1.10 pounds ground calf meat, fatless  
1 medium onion  
1 slice of stale bread  
1/2 tsp black pepper  
1 tsp salt

For Upper Side:  
1 medium onion  
2 medium tomatoes  
2 medium potatoes  
4 banana peppers  
2 tbsp tomato paste  
5 tbsp sunflower oil  
1 tsp salt  
2 cups water

- # Grate the onion and mix it with bread crumbs. Add ground meat, salt and black pepper on it. Knead the mixture for about 5 minutes.
- # Pick pieces, which are smaller than walnuts, from the meatballs' mixture, roll them and place onto the medium size baking tray.
- # After shaping and placing the meatballs onto the baking tray, prepare the sauce.
- # Put sunflower oil into a pot, place the pot over medium heat and make the oil turn into hot. Then, add half circle shaped sliced onion in it.
- # When the onion turns into transparent, add tomato paste in it and sauté the mixture for a while. Then add the seeds removed and cut into big pieces banana peppers into the mixture. 2 minutes later, add the chopped potatoes into the mixture.
- # After pre-cooking the potato, add salt and water in it. Remove the pot from the stove, when the mixture reaches to the boiling temperature. When the mixture turns into tepid, add the non-peeled, but chopped tomato into the mixture, and stir it.
- # Lay this sauce all over the meatballs in the baking tray and cook the meal in the oven for about 40 - 45 minutes. The oven must be preheated to 392 F.
- # Serve it hot.

**Note:** The tomatoes, which are added into the mixture, are not peeled to keep the shape of the pieces.