



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

Meatballs With Mushroom

Mantarlı Köfte



17.6 ounces fresh mushrooms
6 tbsp vegetable oil
2 tomatoes
1 green pepper
7-8 garlic cloves
4 scallions
1 tbsp tomato paste
17.6 ounces ground meat
1 stale bread slice
1 onion
1 egg
1 tsp cumin
1 tsp salt
1/2 tsp black pepper
1 cup water

- # At first prepare the meatballs mix.
- # Knead the mixture of grated onion, crumbled stale bread slice, ground meat, egg, cumin, salt and black pepper.
- # Make meatballs a little bigger than hazelnut. Put some flour on pan and place the meatballs on this pan and shake for covering with flour.
- # Put the oil in a pot, and add the diced onion on it. When the onion softens a little, add finely sliced garlic cloves and roast for about 5 minutes more.
- # Add the green peppers which are cut into a few pieces then finely sliced tomatoes, and roast over medium heat for 5 minutes.
- # Add tomato paste, salt, and cleaned thickly chopped mushrooms and cook for 10 minutes.
- # Place the meatballs on it.
- # Add 1 cup water and cook over medium heat for 25 minutes.
- # Serve hot.

Note: You should add the mushrooms without cooking before.