



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

Meatballs with Cracked Wheat

Bulgurlu Köfte



1.10 pounds ground meat
1 big onion
1/2 cup cracked wheat
1 tbsp tomato paste
1 cup water
1/2 tsp dried basil
1/2 tsp black pepper
1 tsp salt

- # Knead the mixture of grated onion, ground meat, washed and drained cracked wheat and the spices in a deep bowl.
- # Rest the mixture for half an hour, then pick walnut sized pieces from the meatballs mix and shape them.
- # Place the meatballs into a large pot or a pan with lid, as 1 layer. Pour the mixture of tomato paste and water all over.
- # Cover the lid on, place over low heat, and cook about 40-45 minutes. Serve hot.

Note: The speciality of this recipe is cooking it without oil addition.