

Meatballs

Cook time: 15-20 minutes per round
Fry temp: Medium heat
Yield: 15-20 meatballs
Prep time: 5-10 minutes
Ingredients: 2kg lean ground beef
1 egg
3 small onions, diced
¼ cup each instant rice (dry), peas,
kernel corn
salt and pepper to taste
Oil as necessary



Preparation:

Chop onions; mix all ingredients in a bowl; form into balls 1"-2" wide.

Cooking instructions

Fry meatballs on medium heat until meat is cooked. Carefully turn in frypan until the meat is cooked through. Serve and/or freeze.

Notes:

Some of the onion, rice, peas and corn will loosen from the meatballs during cooking – this of course is a tasty treat to eat while cooking!

Tasty on their own, or in spaghetti sauce.

History/Anecdotes: