

Donald's meatballs

Makes approximately 15, 2" meatballs

Ingredients:

- 2 lbs ground beef (900g)
- 1 medium onion (175g)
- 1 large egg
- 1/4 cup frozen peas
- 1/4 cup frozen corn kernels
- 1/4 cup dry rice
- 1/2 teaspoon salt or to taste

Equipment:

- Kitchen scale (optional if the beef you buy is already measured out)
- Mixing bowl
- Cutting board
- Kitchen knife
- Measuring cup
- Measuring spoons
- Large skillet or electric frypan
- Stove or hotplate if not using electric frypan
- Cookie sheet (if you plan to freezing them)
- Container, or freezer bag(s), for freezing

How to make:

- Clean and chop onion somewhat finely
- Place the ground beef, onion, peas, corn, rice and salt in a mixing bowl
- Crack egg into bowl
- Mix ingredients thoroughly with hands
- Form 2" balls with the meat mix
- Place meatballs on preheated skillet, such as an electric frypan; space sufficiently apart in order to facilitate frying and manipulation
- Turn the meatballs as they are cooked on each side; carefully turn in the frypan to cook all sides -- the other ingredients may make the meatballs somewhat fragile until fully cooked through
- Serve immediately, or freeze as per below

Freezing:

- Place the meatballs on a cookie sheet, allowing some space between each
- When frozen, place in container(s) or zipper bag(s)