

Barbecue Meatballs with Ptitim

Recipe By Sina Mizrahi



Cooking and Prep:  45
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Serves:  6

Contains:   

Preference: Meat

Difficulty: Medium

Source: Relish by Binah
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Meatballs are infinitely versatile; they can be filled with lots of vegetables (think chopped carrots and celery) and they can be dressed in different sauces. They can be made with ground chicken, turkey, beef, lamb, or veal (or even a combination). I hope these six meatball variations inspire you in the kitchen to reinvent this dinner staple. My [basic recipe](#) yields 35 1-inch balls.

Ingredients (8)

Main ingredients

- 35 1-inch meatballs, uncooked ([recipe](#))
- 3 tablespoons oil, divided
- 2 cups [Gefen BBQ Sauce](#) or other barbecue sauce
- 4 cups [Gefen Couscous](#) or other ptitim (Israeli couscous)
- 4 and 1/2 cups boiled water
- 1 onion, diced

1 teaspoon salt

1/2 teaspoon pepper

Start Cooking

Cook the Meatballs

Mix up a batch of my [Basic Meatballs](#), and then continue cooking here.

1. To prepare meatballs, preheat oven to broil. Set rack about four inches from heat source. Oil a baking dish large enough to fit all the meatballs and place them inside. Broil for 10 to 12 minutes, turning the meatballs every 4 to 5 minutes, until fully cooked.
2. To prepare ptitim, heat oil in a large saucepan over a medium flame. Add onions and sauté until translucent. Add ptitim and coat in oil. Pour in hot water and bring to a boil. Season with salt and pepper. Stir and cover. Reduce to a simmer and cook until all the water has been absorbed.
3. Serve ptitim warm with the meatballs on top.