

Hearty Meatballs with Vegetables

Recipe By *Sina Mizrahi*



Cooking and Prep:  1
h 15 m

Serves:  6

Contains:  

Preference: Meat

Difficulty: Medium

Diet: Low Carb

Source: Relish by Binah
Magazine

For me, these meatballs have a strong culinary connection to my childhood. My mother made this dish often, and I never tired of it. I love the medley of vegetables and the richness of the sauce. Now, as the one cooking, I love even more that it's a one-pot affair.

Ingredients (22)

Meatballs

- 1 pound ground beef, chicken, or turkey
- 1/2 cup **Gefen Bread Crumbs**
- 1 onion, grated
- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 1 tablespoon paprika
- 1 tablespoon dried parsley

- 1 teaspoon salt
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon onion powder

Sauce

- 2 tablespoons **Bartenura Olive Oil**
 - 3 stalks celery, ends removed and sliced
 - 2 zucchini, sliced into half rounds
 - 1 bell pepper, sliced
 - 1 small red potato, diced
 - 1 cup baby carrots or 1 large carrot, cubed
 - 2 (15-oz.) cans **Gefen Tomato Sauce**
 - 1 cup boiling water
 - 1 tablespoon paprika
 - 1 teaspoon salt
 - 1/2 teaspoon ground **Gefen Black Pepper**
 - 1/2 teaspoon celery seed
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Start Cooking

For the meatballs

1. To prepare the meatballs, combine all the ingredients in a large mixing bowl and mix well.
2. Form 1-inch balls and set aside.

For the sauce

- 1.

In a wide pan, heat the oil over medium heat and sauté the celery until translucent. Add the zucchini, bell pepper, potato, and carrots.

2. Add the tomato sauce and boiling water and bring to a boil. Gently stir, then cook for 10 minutes, allowing the vegetables to soften.
3. Add the meatballs over the vegetables and cook for another 10 minutes. Turn each meatball over and cook an additional 10 minutes.
4. Cover the pan and reduce heat to low. Simmer for another 15 to 20 minutes.
5. Serve hot, over a bed of rice.