

Fluffy Meatballs 'n Rice

Recipe By *Faigy Grossman*



Cooking and Prep:  1
h 20 m

Serves:  6

Contains: 

Preference: Meat

Difficulty: Medium

Diet: Gluten Free

Source: Family Table by

Mishpacha Magazine

These fluffy and moist meatballs are a great way to sneak more vegetables into your family's diet without them realizing it! If you don't have veal, you can substitute with beef; it'll still be soft and delicious.

Ingredients (12)

Main ingredients

- 1 pound (450 grams) ground beef
- 1 pound (450 grams) ground veal
- 2 small carrots, grated
- 1 medium zucchini, grated
- 2 medium potatoes, grated
- 2 eggs

- salt, to taste
 - oil, to coat bottom of pot
 - 2 15-ounce (425-gram) cans **Gefen Tomato Sauce**
 - 1 and 1/2 cups raw rice
 - 1 and 1/4 cups water
 - black pepper, to taste
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Start Cooking

Make the Meatballs and Rice

Photography: Lisa Monahan.

Styling: Chanie Nayman.

1. Combine ground beef and veal, vegetables, eggs, and spices in a large bowl.
2. Coat a large pot with a thin layer of oil and place over medium heat. Pour half of one can of tomato sauce into the pot.
3. Form walnut-sized balls of the meat mixture; add to pot. Continue to form more meatballs, pouring additional sauce between layers and over top layer of meatballs. Cover pot and allow to simmer for 40 minutes.
4. Remove pot lid and move half of the meatballs to one side of the pot. Pour rice and water into the empty side and cook an additional 25 minutes.
5. Turn off heat and leave covered for 10 minutes.