

BEEF AND RICE MEATBALLS

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A fun and easy dish to make with the children, these meatballs are also delicious.

The recipe serves 4.

Prep time around 15 minutes, plus 30 minutes cooking.

INGREDIENTS

- 500 g lean minced beef
- 1 tsp. salt
- 3 tbsp. finely chopped onion
- ½ tsp. dried oregano
- ¼ tsp. dried rosemary
- ½ cup uncooked rice
- 2 tbsp. vegetable oil
- 1 can diced tomatoes
- 3 tbsp. water

METHOD

- Combine the beef, salt, herbs, onion and rice in a large bowl and mix.
- Shape the mixture into balls.



The fun part

- Heat the oil in a frying pan and cook the meatballs, uncovered and turning regularly until browned on all sides – about five minutes.
- Add the diced tomatoes and water. Cover and simmer for 30 minutes.

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