

Soutzoukaka

Serves 4

1 lb. ground beef
1 small onion, finely minced or grated (reserve 2-3 Tbsp).
1 tsp. salt
1/2 tsp. dried oregano
1 clove garlic, pressed
2 Tbsp. fresh parsley or 2 tsp. dried
1 egg
1-2 Tbsp. bread crumbs (optional, my grandmas don't add them)
olive oil
1 large (15 oz.) can tomato sauce
1 can water
1 bay leaf
1/2 tsp. cumin
1 (good) pinch sugar
salt and pepper
corn starch slurry (optional)

Mix together the beef, onion, garlic, salt, oregano, parsley, egg, pepper to taste and breadcrumbs (if using). Form the mixture into elongated oval-shaped meatballs.

Heat olive oil in a pan and pan-fry the meatballs until they are browned on all sides (you don't have to cook them through). Remove. You can probably bake the meatballs instead if you want, but simmer the sauce longer and maybe use a little beef broth in place of the water to add some depth to the sauce.

To the pan, add the 2-3 Tbsp onion (and more oil if necessary) and cook until translucent. Add the tomato sauce, water, bay leaf, cumin, sugar and salt and pepper to taste. Bring the mixture to a low boil and add the meatballs. Simmer about 10-15 minutes. If you want a thicker sauce, add a corn starch slurry at the end.

Serve over mashed potatoes or rice.