

## GREEK MEATBALLS

### COOKEE'S TOOL KIT

Sheet Tray  
Mixing Bowl  
Knife  
Cutting Board  
Measuring Spoons



### Ingredients

- |  |                   |
|--|-------------------|
| 1 LB lean ground beef (Chuck)            | 1 Clove of garlic |
| ½ Large Onion diced small or Leek        | ½ C Whole Oats    |
| ¼ C Extra Virgin Olive Oil or Canola Oil |                   |
| 3 Mint Leaves                            | 1 Lemon Zested    |
| 1 Tablespoon Yogurt                      |                   |
| Salt and Pepper to taste                 |                   |

### Directions

1. Preheat oven 400°F
2. Place ground beef into a mixing bowl at least twice the size of the beef.
3. Dice onion and sauté it in 1-teaspoon olive oil, pinch of salt and pepper for 5 minutes on medium heat stirring every minute. While onions are cooking, they will get soft and sweet.
4. Smash a clove of garlic on a cutting board. Sprinkle ½ teaspoon of salt on the smashed garlic and mash it until it is a paste. Add mashed garlic in with the beef.
5. Let onions cool for 5 minutes. Add onions to the beef stir and add the whole oats and ¼ to ½ teaspoon pepper. Mix beef mixture by hand.
6. Cut mint leaves into small pieces; add mint leaves and lemon zest into the mixture.
7. Form meatballs. I use a Chinese soup spoon as a scoop. Then I round the meatball out.
8. Once formed place meatballs on a sheet tray and bake in the oven for 20 minutes.
9. Turn oven heat to broil to allow the meatballs to form a nice crust.

Meatballs can be stored away with the pasta sauce and stored in the refrigerator for up to 2 days.

