

2 Killer Meatball Recipes From Italy And Mexico...

Meatballs... how good they are... especially when they are from Italy and Mexico...

Miam miam...

Mexican Meatball and Rice

Yield: 6 servings

Mexican Rice:

- ~4 oz (1 can) Chopped Green
- ~3 cups Cooked Seasoned Rice
- ~1/2 lb Monterey Jack Cheese cut into stripes
- ~1 pint Dairy Sour Cream

For the Meatballs:

- ~4 oz (1 can) Green Chilies, (drained)
- ~2-1/2 tbsp Unbleached Flour
- ~2 tsp Salt
- ~2 tbsp Butter or Margarine
- ~2 lb Ground Beef
- ~2 c Sliced Onion
- ~19 oz (1 can) Tomatoes (un-drained)
- ~1/4 tsp Powdered Cumin
- ~1/2 cup Sliced Ripe Olives
- ~1/2 cup Milk
- ~1 x Mexican Rice
- ~1 tsp Chili Powder
- ~1 ea Large Egg, Slightly Beaten
- ~1 ea Clove Garlic, Crushed
- ~1 cup Crushed Corn Chips

Instructions for the Meatballs:

In large bowl, lightly combine ground beef with corn chips, milk, egg and 1 tsp of salt. Cover and refrigerate 1 hour. Shape into 15 meatballs, using 2 rounded tbsp meat mixture for each. Lightly roll meatballs in 2 tbsp flour, coating completely. In large frying-pan, cook meatballs in hot butter, half at a time, stirring until evenly browned.

Remove meatballs from frying-pan as they are browned. In same frying-pan, cook onion and garlic about 5 minutes, stirring occasionally. In small bowl, combine remaining 1/2 tbsp flour and 1 t salt, chili powder and cumin. Stir into onions. Add tomatoes, green chilies and olives.

Bring to a boil, stirring constantly; reduce heat, cover tightly and cook slowly for 30 minutes. Add meatballs to tomato mixture, cover tightly and cook slowly for 20 minutes. Uncover and continue cooking slowly 10 minutes. Serve meatballs and sauce over hot Mexican Rice.

Now instructions for the Mexican Rice:

Combine sour cream, chilies and salt. In 13 x 9-inch baking pan, layer 1 cup cooked rice, 1/2 sour cream-chili mixture and 1/2 cheese strips. Repeat layers and top with remaining cup of rice. Bake in moderate oven (350 degrees F.) for 25 minutes. Sprinkle with Parmesan cheese and top with meatballs and sauce. Continue baking for 5 minutes or until cheese melts.

Italian Meatballs in a Basket

Yield: 8 servings

Italian Bread Basket:

- ~1/4 cup Parmesan Cheese, Grated
- ~1/4 cup Margarine, Melted
- ~1 Loaf (16 oz) Italian Bread

For the Meatballs:

- ~2 tbsp Unbleached Flour
- ~2 tbsp Margarine
- ~2 lb Ground Beef Chuck
- ~16 oz (1 can) Stewed Tomatoes
- ~1/4 tsp Thyme
- ~1/2 tsp Basil
- ~1 x Italian. Bread Basket
- ~1 x Green pepper rings
- ~1 x Cherry Tomatoes
- ~1 ea Medium Onion, Chopped
- ~1 ea Medium Green Pepper, Chopped

Instructions for Meatballs:

Lightly shape ground beef into 1 1/2-inch balls. Lightly brown balls in margarine in large frying-pan, about 5 minutes. Add the green pepper and onion to meatballs; cook 5 minutes, stirring occasionally. Drain tomatoes, reserving liquid. Add tomatoes, all but 1/4 c tomato liquid, basil and thyme to meat balls. Cover tightly and cook slowly 5 minutes.

Mix reserved tomato liquid with flour, stirring until smooth. Stir into meatballs, cover tightly and cook 5 minutes or until slightly thick. Meanwhile prepare Italian Bread Basket and place on platter. Spoon meatball mixture into and around bread. Garnish with green pepper rings and cherry tomatoes, if desired.

Instructions for the Italian Bread Basket:

Cut a 3/4 slice from top of bread. With fork, scoop out inside of bread to form basket, leaving 1-inch bread on all sides and bottom of loaf. Place loaf on foil in shallow baking pan. Brush top, sides and inside of bread with melted margarine. Sprinkle loaf with Parmesan cheese, coating sides evenly. Bake in hot oven (400 Degrees F.) for 10 minutes.

Source: <http://www.articlecircle.com>

About the Author

Are you Fond Of Restaurant Dishes? Check the most Impressive Collection Of Restaurant Recipes Available On The Net... Visit:
<http://www.copycatrecipes.org> and <http://www.dinnerrecipes.org>