

Broiled Meatballs in a Tangy Lemon Sauce

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Description: It's a dish of meatballs made with lemon juice and lot of onions served with rice.

Step 1

- extra lean ground beef, 4 lb
- lemon juice, 1/8 cup
- cooking oil, 6 tbsp
- white vinegar, 4 tbsp
- salt, 2 tsp

Mix well lemon juice, cooking oil, white vinegar and salt in a bowl. Add the ground beef. Mix well.

Roll mixture into 1 1/2 inch (3.8 cm) balls, using 2 tbsp for each. Make about 33 medium meatballs. Arrange evenly spaced apart on a greased baking sheet with sides. Broil in oven for about 16 minutes, turning meatballs at halftime until no longer pink inside. Set aside.

Step 2

- thinly sliced yellow onions, 5 lbs (note: the onions might make you "cry". To avoid that, soak them in water for 20 minutes before peeling them)
- lemon juice, 12 oz (400 ml)
- cooking oil, 2/3 cup
- salt, 2 tsp or to taste
- ground black pepper, 1/2 tsp or to taste
- whole jalapeno, washed, 4-6 or to taste
- chopped red pepper, 2 cups
- 2 beef bouillon cubes

Heat cooking oil in a large deep pan on medium heat. Add onions. Cook onion, stirring occasionally, until soft and golden (note: it takes time to turn the onions golden, patience is needed...). While cooking the onion, cover the pan with a lid.

Step 3

Once onions have turned golden, add the broiled meatballs and the juice from the meatballs, the salt, the red pepper, the lemon juice, the black pepper, the beef bouillon cubes and the jalapenos. **DO NOT ADD ANY WATER.**

Cook on low-medium, covered, for 40 minutes.

Step 4

Serve with cooked rice. Service size: 1/2 cup of broiled meatballs in a tangy lemon sauce over 1 cup of rice. Serves 6.