

# Porcupine Meatballs

*16 large meatballs or patties*

This recipe was inspired by one from my Mother, Evelyn Cramer, published in a church cookbook that she gifted to me upon my return from Indonesia. Later her recipe was published in the Cramer Family Cookbook. My twist to the recipe: Instead of tomato soup, I have used my home-canned tomatoes and lots of herbs!

*Use home-grown, grass-fed and organic ingredients whenever possible.*

## **Ingredients for Meatballs or Patties:**

1 ½ lbs lean ground beef  
½ cup rice, uncooked  
1/3 cup onion, finely diced  
¼ cup milk  
1 ½ tsp Himalayan pink salt  
1/8 tsp pepper  
2-3 TBSP Olive oil or avocado oil for frying

## **Sauce:**

28 oz can crushed tomatoes (or your own quart jar of home-canned tomatoes, pureed)  
1 – 6 oz can tomato paste  
1 – 6 oz can water, filtered  
1 TBSP garlic, freshly pressed  
1 TBSP Italian seasoning  
1 TBSP basil leaves, dried  
¼ tsp peppercorns, freshly ground

## **Directions:**

1. Mix together the ingredients for the meatballs (or patties). Do not overmix.
2. Form into balls, using a 3-TBSP scoop, such as the Large Scoop by Pampered Chef. Flatten if desired (they will cook more quickly)
3. Add cooking oil to a large pan and when hot, place the meatballs or patties and cook until the edges begin to cook (turn grayish in color). Turn over and continue to cook.
4. Before the meat is thoroughly cooked, add all of the ingredients for the sauce, increasing heat until mixture begins to boil, then reduce so that sauce is at a gentle simmer. Cover and cook for 45 minutes. Test to make sure the rice is thoroughly cooked inside the meatballs/patties.
5. Serve over rice, along with a green vegetable (green beans or broccoli) and a tossed salad with homemade dressing. Crusty bread on the side, especially if serving to company!