

Dinner Recipe:
Kofta Curry Meatballs

Meatballs

2 lbs. ground beef

1/2 onion (chopped)

2 eggs

1 cup of chickpea flour

2 tsp garlic paste

¼ tsp chili powder

2 tsp ginger (chopped)

1 cup of cilantro (chopped)

green serrano chilies (optional)

3 tsp Life is a Recipe® Garam Masala

½ tsp salt (to taste)

Sauce

1 tbsp ghee

1 ½ onions (finely chopped)

3 tsp garlic paste

1 bay leaf

1 cinnamon stick

1 ½ tbsp ginger

1 ½ tsp turmeric

¼ tsp chili powder

1 ½ tsp paprika

1 ½ tsp Life is a Recipe® Garam Masala

½ cup cilantro (chopped)

6 tomatoes (chopped)

green chilies (optional, sliced)

½ tsp salt (to taste)

Kofta Curry Meatballs

1. In a large bowl, add ground beef onion, garlic paste, ginger, salt, chili powder, Life is a Recipe® Garam Masala and sliced green chilies. Mix well.

2. In a separate bowl beat eggs together and set aside.
3. Shape meatballs out of the mixture.
4. Dip meatballs in egg batter so that they stick together firmly.
5. In a large pot, heat ghee over medium heat.
6. Fry garlic, ginger, cinnamon stick and bay leaf.
7. When the garlic and ginger have browned, add in one chopped onion and sauté until brown.
8. Next, add in tomatoes. Add 4 ½ cups of water. Add salt, paprika, turmeric, chili powder and Life is a Recipe® Garam Masala.
9. Use a hand blender to blend the sauce together (this step is optional).
10. Let the sauce come to a boil. Cover and let it simmer.
11. Add meatballs slowly and let it come to a boil again.
12. Add cilantro.
13. Cover and let simmer until meatballs are done.
14. Enjoy over a bed of rice.