

Soutzoukakia (Kofte) - Greek Meatballs

January 8th, 2023

This recipe serves: 4

Prep Time: 24:15

Cook Time: 01:00

Soutzoukakia (pronounced \soot-zoo-'KA-key-ah\) are Greek meatballs, that are traditionally oven-baked in a tomato sauce. Soutzoukakia is similar to a Turkish dish called Kofte. This recipe is prepared on the stovetop and includes a loosely defined Arabic spice mix called Ras El Hanout. If you do not have this mix on hand, you can make your own mix. Serve with Tzatziki over a bed of basmati rice or with roasted potatoes. Poblano or jalapeno peppers will add heat to the dish. For a Keto version of this recipe, serve with a medley of Keto-friendly roasted vegetables.

Ingredients:

Meat

- 1 lb Ground Beef (Hamburger)
- 1 Large Egg
- 1/4 Onion, finely minced
- 1 Clove Garlic, finely minced
- 1/4 Teaspoon Salt
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Red Pepper Flakes
- 1 Teaspoon Ras El Hanout spice or the following spice mix:
 - 1/4 Teaspoon Ground Ginger
 - 1/4 Teaspoon Ground Cardamom
 - 1/8 Teaspoon Ground Cinnamon
 - 1/8 Teaspoon Ground Coriander
 - 1/8 Teaspoon Ground Turmeric
 - 1/8 Teaspoon Ground Cumin
 - 1/8 Teaspoon Ground Cloves

Sauce

- 3/4 Yellow Onion, diced
- 1 Pimento, finely chopped
- 2 Cloves Garlic, finely chopped
- 1 Poblano Pepper (optional), finely minced
- 3 Roma Tomatoes, chopped or 15 oz Can Diced Tomatoes
- 3 Tablespoons Tomato Paste
- 2 Cups Chicken Stock or Vegetable Stock
- 1/4 Teaspoon Salt
- 1/2 Ounce Fresh Parsley or Cilantro, finely chopped

Olive Oil (as needed)

Tzatziki

Basmati Rice or Pita Bread

Directions:

The Meat

Combine the Hamburger ingredients. Mix by hand or use a food processor.

Form the Meat mixture into 8 Meatballs, each slightly larger than a golf ball.

Each Meatball should weigh about 2.6 ounces.

Press each Meatball to make small footballs, about 3 or 4 inches long.

Refrigerate the Meat in a covered container for a few hours to overnight. This will result in a more flavorful final product.

When it is time to prepare the meal, heat a sauté pan over medium-high heat, add Olive Oil to the pan.

You may need to cook the Meatballs in 2 batches so that you don't overcrowd the pan.

Grill each Meatball for 2 minutes.

Flip each Meatball and grill another 2 minutes to ensure that each side is browned.

Remove from heat and reserve the Meatball.

The Sauce

In a large sauté pan, sweat the Onion over medium heat until translucent.

Add the chopped Pimento and Garlic. Stir until fragrant.

Add the chopped Poblano Pepper (if desired).

Stir in the Tomato.

Mix the Tomato Paste with Water and add to the sauté pan.

Mix well and bring to a low boil.

Add Salt and Parsley/Cilantro.

Put it all together

Gently nestle each Meatball into the sauce.

Lid and reduce the heat to a low simmer.

Simmer for 10 minutes.

Serve over a bed of Basmati Rice, Roasted Potatoes, with Pita Bread, or with a medley of Keto-compatible roasted vegetables.

Add a few scoops of the Tomato Sauce to the Meatballs and top with Tzatziki.