

## Koofteh Recipe (Persian Meatballs)

Translated and modified from Majideh Massumi's recipes (Born August 1, 1931 and died June 3<sup>rd</sup>, 1999), which are written in Farsi

### **Ingredients:**

2 lb. Ground Beef or Turkey (I tried using ground elk during Nowruz, Kathy loved it so much that you are reading this now!)

2 bunches Parsley

3 bunches Chives

3 bunches Dill

Handful of Tarragon

1/2 cup Rice

1/2 cup Frozen Lima Beans or Edamame

2 med. Onions, chopped

1 tsp Salt

1/2 tsp Ground Black Pepper

1 tsp Turmeric

1/4 cup Vegetable Oil

### **Directions:**

- Cook rice and beans partially.
- Sauté the onions in oil. Add turmeric.
- Mix all the rest of the ingredients together in a large bowl. Add the rice, beans, and 1/2 the sautéed onions. Mix well.
- In a 12 inch skillet, place 3 cups water, 1/2 the sautéed onions, 2 tbl tomato sauce, and salt and pepper. Heat on the stove.
- Take the ingredients in the bowl and form into large meatballs. Place in skillet, liquid should cover at least half the meatballs.
- Cook over medium heat for one hour, covered.
- Makes about 18 large Persian meatballs.
- Serve warm with Pomegranate Syrup and enjoy!

Much Love and Gratitude to my family for preserving these delicious family recipes and sharing them with others, Neilufar Naini