



Recipes

Meat and Poultry

Spicy Leek Meatballs

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

- 1 pound lean ground turkey or ground beef
- 1 1/2 cups minced leeks (white and light green part only, about one bunch)
- 2 fresh chili peppers, minced
- 1 tablespoon fresh ginger, minced
- 2 tablespoons flour
- 2 tablespoons sesame oil
- salt and pepper to taste

Directions:

1. Place all ingredients in a large mixing bowl. Knead well by hand until the ingredients are thoroughly combined, but do not over-mix.
2. Divide the mixture into 10-12 equal portions, about 1/4 cup each. Roll each portion into a ball.
3. Heat the cooking oil in a large non-stick pan over medium-high heat. Add meatballs and pan-fry, covered, turning occasionally, until browned on all sides and cooked through, about 10 minutes. Drain on a paper towel.

Variations:

Serve over a bed of simple steamed greens.

Place meatballs into freezer to freeze and pop into a soup for a quick dinner option.