

“Farm Fresh Recipes”



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Tortá

Recipe from Monette Gallagher via Lydia Goodwin. These are a classier version of a meatball, and made small with fresh ingredients, they make delicious appetizer bites!

1 onion, chopped small, or ½ c chives/ green onion
2-3 cloves garlic, minced
1 tomato, chopped small
1 lb ground beef
2 eggs
1/2 cup oatmeal or cracker crumbs
Fish sauce, Braggs' or salt, pepper to taste

Caramelize the onion over low heat, then add the garlic, tomato, and ground beef. Sauté until beef is just done and season to taste- I also used Hungarian paprika and thyme. Take off heat, and allow to cool.

Beat the eggs, and combine with beef and oatmeal. Allow to rest for about 15 minutes, then form into small patties.

Fry the patties in canola oil, or bake at 350 degrees for 15 minutes or until done- I used a lightly greased muffin tin and filled the bottom of the cups with about 2 T of the mixture.

Serve hot or cold- would also do well with some fresh chopped tomato and herbs for garnish.

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