



Porcupine Meatballs

Makes: 6 servings

Prep Time: 15 minutes Cook Time: 65 minutes

Total Time: 1 hour & 20 minutes

Ingredients

- 1 & 1/2 pounds 80/20 ground beef
- 1 egg, beaten
- 1 & 1/2 tsp Worcestershire sauce
- 1/2 cup long grain uncooked white rice
- 3 garlic cloves, minced
- 1 tsp Italian seasoning
- 3/4 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sea salt
- 1/4 tsp freshly cracked black pepper
- 1/3 cup water
- 1 tbsp extra-virgin olive oil

Sauce:

- 1 (28-ounce) can tomato sauce
- 1/2 cup chicken or beef stock
- 1 tsp Italian seasoning
- 4 tbsp salted butter
- 2 tbsp brown sugar
- 2 tsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp sea salt

For Serving (optional):

- Cooked pasta, mashed potatoes or cooked rice
- Fresh flat leaf parsley or basil, minced

Make the Meatballs:

In a large bowl, combine the beef, egg, Worcestershire, rice, garlic, Italian seasoning, garlic powder, onion powder, salt, pepper, and 1/3 cup water. Mix well, then form golf ball-size meatballs (about 2 tablespoons each) and place on a plate. You should have about 20 meatballs.

Heat the olive oil in a large nonstick skillet over medium-high heat. Once the oil is glistening, add the meatballs in a single layer about 1-inch apart. Cook until the meatballs are browned all over, about 10 minutes. Transfer to a plate and discard the grease.

Make the Sauce:

Return the skillet over medium heat. Add the tomato sauce, chicken stock, Italian seasoning, butter, brown sugar, Worcestershire, garlic powder, and salt and stir to combine. Add the meatballs to the sauce and turn to coat. Cover and reduce the heat to low. Simmer until the rice in the meatballs is tender, about 45-50 minutes.

Serve family-style with pasta of your choice, mashed potatoes, or rice. Garnish with parsley or basil.

Recipe by The Modern Proper