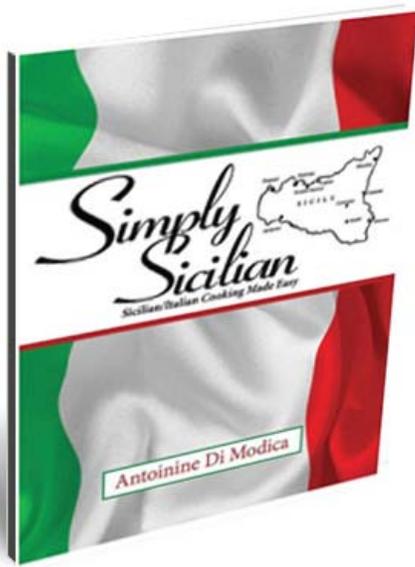


SimplySicilian.net

Mama Toni's Sicilian Meatballs



Ingredients

1 lb. lean ground beef
1 egg + 1 egg white
1 medium onion, finely chopped
1 cup Arborio rice, cooked
½ seasoned Italian breadcrumbs
¼ cup Parmesan cheese, grated
2 Tablespoons Italian Parsley, chopped
1 Tablespoon olive oil
Homemade tomato sauce (see Sugo/Sauces)
or your favorite store bought

"The Arborio rice is what makes these meatballs moist and tender. This recipe can be doubled and tripled for large dinners and freezes very well."

Antoinine "Toni" DiModica, Author, Simply Sicilian



Steps

Cook rice according to the directions on the box.

Mix the first 7 ingredients together and form into balls.
Makes approximately 8 to 10 meatballs.

Heat olive oil in a non-stick skillet.
Brown the meatballs on all sides.

Add to tomato sauce, cook for another 15 minutes.

Serve with your favorite pasta.

Serves. 6 - 8

Buy the book



Simply Sicilian opens up a whole new way to cook Southern Italian food by using simple and basic ingredients and time saving recipes.

Some reviews from Amazon.com:

*"This is an **amazing cookbook!** The recipes are so easy to follow, and the results are simply fantastic! I love how the author adds personal stories and pictures about her family, and how they enjoy the dishes on holidays and special occasions! It really makes you feel like you're cooking something your Grandmother used to make. I know my family and I will enjoy these recipes for years to come."*

*"I am a Sicilian American first generation and I have tried every recipe in this cookbook and it is not only very **easy to follow**, with large lettering, but the recipes are **delicious** and very easy to make. My Sicilian ancestor's would be very proud of me for making these wonderful dishes for my family. Buon Apetitto!!!"*

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