

# Turkish Meat Balls

Lousene Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

1 pound lean ground chuck  
1/2 pound lean ground lamb  
1/2 pound lean ground pork  
2 large cloves garlic, mashed  
1/4 cup parsley, chopped  
1 tablespoon fresh oregano, chopped  
1 small bay leaf, crumbled  
1/4 cup pine nuts  
1 teaspoon salt  
1/2 teaspoon fresh ground pepper  
dash cayenne  
1 egg, beaten lightly  
2 tablespoons salad oil  
1/2 cup condensed consomme'  
1/2 cup tomato paste

Preheat the oven to 350 degrees.

In a bowl, blend all of the meat thoroughly. Mix with the garlic, parsley, oregano, bay leaf, pine nuts, salt, pepper, cayenne and egg. Form the mixture into small meat balls, about the size of a walnut. Brown quickly in hot oil in a heavy skillet. Shake the skillet to keep the meat balls from sticking to the skillet and to keep them well rounded. Transfer the meat balls to a rather shallow casserole.

In a bowl, mix the consomme' and tomato paste. Clean out the brown particles in the skillet with it. Pour over the meat balls.

Bake for one hour, covering the casserole for the first 30 minutes.

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Per Serving (excluding unknown items): 106 Calories; 8g Fat (67.5% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 541mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	106	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	20.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
			0mg

**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 35mg  
**Carbohydrate (g):** 6g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 541mg  
**Potassium (mg):** 272mg  
**Calcium (mg):** 23mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 713IU  
**Vitamin A (r.e.):** 79RE

**Caffeine (mg):**  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 106 **Calories from Fat:** 71

### % Daily Values\*

<b>Total Fat</b> 8g	13%
Saturated Fat 1g	6%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 541mg	23%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 1g	5%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	22%
<b>Calcium</b>	2%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.