



Greek-Inspired Beef Meatball Bowls

Chef Rachel Walker, The Hearty Life

Orzo Salad

Ingredients

1 ½ cups dry orzo, cooked according to package instructions
3 tablespoons extra virgin olive oil
2-3 cloves garlic, minced
Fresh herbs, such as dill, parsley, mint, and/or basil, chopped
Salt and pepper, to taste

Instructions

1. Cook the Orzo according to package instructions.
2. In a large bowl combine the cooked orzo, olive oil, minced garlic, fresh herbs, salt, and pepper. Stir to combine, set aside.

Cucumber and Tomato Salsa

Ingredients

1 large English cucumber, finely diced
2-3 Roma tomatoes, finely diced
½ of a small red onion, finely diced
Fresh herbs, such as dill, parsley, mint, and/or basil, chopped
½ teaspoon kosher salt
Fresh cracked black pepper

Instructions

1. In a large bowl combine diced cucumber, tomato, red onion, fresh herbs, salt and pepper. Stir to combine, set aside.

Meatballs

Ingredients

1 lb. lean ground beef
2 whole eggs
1 cup Italian breadcrumbs
½ of a small red onion, finely diced
2-3 cloves garlic, minced

Instructions

1. Preheat oven to 350 °F.
2. In a large bowl combine the ground beef, eggs, breadcrumbs, red onion and garlic. Use your hands to mix until evenly combined.
3. Using a 1 oz. portion scoop or measuring spoon, scoop even sized amounts and roll into 1 oz. balls (you will get about 20 meatballs).
4. Place on a lined baking sheet and transfer to the preheated oven.
5. Bake for 15-20 minutes or until the meatballs are crisp and cooked through.





Whipped Feta Ingredients

8 oz. block feta cheese

1-2 tablespoons heavy whipping cream

Fresh cracked black pepper

Fresh herbs, such as dill, parsley, mint, and/or basil, for garnish

Pita bread, optional for serving

Whipped Feta Instructions

1. In the bowl of a food processor or blender combine feta, 1 tablespoon heavy whipping cream, and black pepper. Pulse to combine, add in the remaining heavy cream if needed.

Serve the meatballs and cucumber salsa over the orzo salad, top with a dollop of whipped feta and garnish with fresh herbs. Serve with warm pita bread if desired.

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