

Russian Meatballs (Tefteli)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/suksma-russian-tomato-dish-recipe>

Ingredients:

- 1 pound ground beef
- 1 pound ground pork or turkey
- 2 eggs
- 2 cups cooked rice
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 1/2 garlic powder
- 2 teaspoons Italian seasoning
- 1 onion
- 2 cans tomatoes Italian crushed
- 1 1/2 cups chicken broth
- 1/4 cup Sour Cream
- 1 tablespoon olive oil
- salt
- black pepper
- Italian seasoning

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 270 milligrams
4. Fat: 51 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 19 grams
8. Sodium: 1600 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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