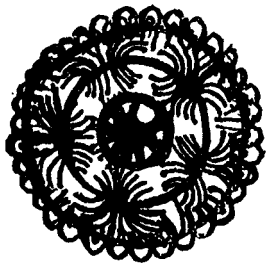
FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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ALBÓNDIGAS RELLENAS
(Stuffed Meatballs)

2 lb ground beef
1 tablespoon of bacon fat
1 cup of bread crumbs or corn meal
2 eggs
1 finely chopped onion
2 cloves of finely chopped garlic
1 teaspoon of salt
½ cup of milk
pepper
oregano to taste

Combine meat, bacon fat, grated bread, eggs, garlic, salt, pepper and milk. Knead. Form buns the size of a big cookie. Hollow them with the thumb and stuff with chopped hard boiled egg. Close the meatball. Coat with flour. Brown in a cup of hot oil. Cook for 20 minutes in tomato sauce. Serve them with mashed potatoes or rice.

translated from: Aquino, Josefina Velilla de. *Tembiu Paraguai: Comida Paraguaya* 11th ed., Asunsion, Editora Litocolor, 1995, p.21.

This information compliments of Lynn Van Houten & **Paraguay Adoption Resources** - www.PYadopt.org