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**Ingredients**

- ½ kg of ground beef meat
- 2 slices of bread (about 28 grams)
- ½ cup milk
- ¾ teaspoon of salt or more (adjust to suit taste buds)
- 2 tablespoons chopped parsley
- ¼ small onion grated (about ¼ cup grated onion)
- 1 teaspoon minced garlic
- ½ teaspoon white pepper
- ¼ teaspoon minced hot pepper or cayenne pepper (optional, adjust to taste)
- Tomato ketchup
- ½ - ¾ cup cooking oil (olive oil)
- 1 medium onion chopped
- 3 teaspoons garlic
- 1 teaspoon smoked paprika
- 2 tablespoons chopped parsley
- ¼ teaspoon curry powder
- 1-2 cups beef stock
- Salt to taste

**Preparation Method**

1. Soak bread and milk. Set it aside.
2. In a large bowl, combine ground beef with soaked bread mixture.
3. Then add parsley, grated onions and minced garlic. Lightly mix the meatballs with your hands and shape into balls about 14 to 16 balls - do not over mix. Store, covered, in refrigerator until needed.
4. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
5. In a large saucepan, add about ¼ cup oil, bring to medium heat. Add meat balls let it sit for at least at least 3 minutes or more before moving it around. Remove and set aside.
6. Add chopped onion, thyme and garlic to perfume the oil, stir for about a minute.
7. Next add curry and paprika. Stir frequently to prevent the sauce from sticking to the pot.
8. Add salt according to preference with about 2 cups of stock. Bring to a boil and let it simmer to blend all the flavors, about 30 minutes or more stirring occasionally.
9. Add meatballs about 10 to 15 minutes before sauce is ready. Adjust seasonings, sauce consistency with water/stock and salt.
10. Serve warm over spaghetti to your family and see them want more!



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