

Youvarlakia Avgolemono

Ingredients:

- 2 lb minced beef
- 1 onion minced
- ¼ cup of rice
- 3 tbs chopped parsley
- 2 tbs chopped mint
- 2 tbs extra virgin olive oil
- Salt and pepper
- All purpose flour to coat the meatballs
- 6 cups beef stock
- ¼ cup of butter or olive oil

For the egg lemon sauce (Avgolemono)

- 2 eggs
- ¼ cup of lemon juice

Instructions:

In a big bowl, mix the minced beef, onion, rice, herbs olive oil (2 tbs) salt and pepper.

Make meatballs and coat with flour. Put them aside preferably in the fridge for 15 minutes. This will help prevent the youvarlakia (meat balls) to break up when boiled.

In a large pot bring the beef stock and butter (or olive oil) to a boil. Once it is boiling slowly add the meat balls, lower the heat to low, cover and simmer for 30-35 minutes.

Then whisk the eggs in a bowl, add the lemon juice and continue whisking while slowly adding broth from the soup into the egg mixture. Once the egg mixture is warm and well mixed add it to the soup. Remove from heat and mix the broth and egg mixture before serving warm.