

***Cocinando
con Gracia***



***Cooking
with Grace***

Recetas
seleccionadas

Selected
Recipes

Grace Broussard Veazey

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*Para Mamá,
¡para todas aquellas comidas maravillosas!
...los niños y las niñas*



*To Momma,
for all those wonderful meals!
...the little boys and the little girls*

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Aperitivos



Bolitas de Carne Festivas

- 1 libra de carne molida
 - ½ taza de pan rallado
 - 1 diente de ajo machacado
 - 2 cucharadas de perejil picado en trozos finos
 - ¼ taza de leche evaporada
 - 1 huevo
 - ½ cucharadita de sal
 - ½ taza de harina
 - 2 cucharadas de aceite
 - 1 lata de 7 onzas de salsa chili
 - 1 taza de caldo de carne
1. Mezclar la carne con el pan rallado, ajo, perejil, leche, huevo y sal.
 2. Hacer alrededor de 30 bolitas y rodarlas en la harina.
 3. Dorar en aceite caliente y luego escurrir el exceso de grasa.
 4. Añadir la salsa y el caldo sobre las bolitas de carne.
 5. Tapar y cocinar a fuego lento por 10 minutos.
 6. Servir con palillos, o espesar la salsa para servir las como plato principal.



Appetizers

Tiny Festive Meat Balls

- 1 pound ground beef
 - ½ cup finely crushed breadcrumbs
 - 1 clove crushed garlic
 - 2 tablespoons finely chopped parsley
 - ¼ cup evaporated milk
 - 1 egg
 - ½ teaspoon salt
 - ½ cup flour
 - 2 tablespoons oil
 - 1 7-ounce can chili salsa
 - 1 cup beef bouillon
1. Mix beef with crumbs, garlic, parsley, milk, egg and salt.
 2. Form into about 30 small balls and roll in flour.
 3. Brown in hot oil, and then pour off excess fat.
 4. Pour salsa and bouillon over meatballs.
 5. Cover and simmer for 10 minutes.
 6. Serve on toothpicks, or thicken sauce and serve as main dish.

