**Keftedes (i.e., best meatballs ever!) or Bifteki (same recipe, but shaped as large ovals)**

Ingredients:

* 2 lb. ground beef
* 2 eggs
* 2 small or 1 large onion, grated or finely chopped
* 1-2 bunches fresh mint, parsley, or something else fragrant, wonderful, and green, grated or finely chopped
* 1 cups bread crumbs—or Quaker oats
* 2 tomatoes, ripe and grated or tomato sauce (not too much) or paste
* 1 TBSP olive oil
* 1 TBSP salt or kosher salt
* 1 TBSP Freshly ground black pepper
* Optional: 1 tsp dried oregano (preferably Greek)
* Optional: 1 TBSP red wine vinegar
* Optional: Flour

Direx:

* Combine **all** ingredients except **flour** in a large bowl.
* Mix thoroughly with your hands until mixture is solid (about 10 minutes of kneading), removing and discarding any large chunk of anything!
	+ If the mixture is too sticky add breadcrumbs
	+ If the mixture is too dry add water
* Refrigerate for 10 minutes. This is to make the mixture more pliable and easy to work with.
* Form into balls. Then flatten into round patties
* Optional: Coat each patty in flour.
* Fry patties over medium high heat for 3 minutes each side or until bottoms darken.