

# Meat Stuffed Grape Leaves

{youtube}Y33GDxfQhyQ{/youtube}

## Meat & Rice Stuffed Grape Leaves

Serves: 8

Difficulty: Medium

Prep Time: 2 hours

1 2lb jar of grape leaves  
1 lb ground beef or lamb  
1 cup rinsed long grain rice  
2 tbs butter  
1 tbs minced garlic  
1 tsp salt  
1/2 tsp black pepper  
1/2 to 1 cup lemon juice  
3 or 4 strips flap meat (1lb)

Rinse off grape leaves and then place in a boiling pot of water for 30-40 minutes then drain, rinse with cold water and let cool. Line large pot with flap meat. In a large bowl mix together rice, ground meat, butter, salt and black pepper. Follow directions in video on how to roll grapes leaves by rolling and folding in sides. Line rolls in pot and repeat layers until pot is filled 3/4 of the way. Cover grapes leaves with a dish to keep them from moving and weight it down. Add water or beef broth to the edge of where the leaves end and add 1 tsp salt. Cover pot with lid and cook on medium heat for 40 minutes. Next add lemon juice and cook for another 40 minutes on medium/low heat. Let stand for 15-20 minutes then serve with pita bread and yogurt.