**Ingredients**
- 2 slices white bread, crusts removed
- 1 lb ground beef
- 1 medium-sized yellow onion, peeled and grated
- 3 cloves garlic, peeled and finely diced
- 1 tbsp finely chopped fresh flat-leaf parsley
- 1 egg, beaten
- 2 tsp ground cumin
- Salt
- Freshly ground black pepper
- All-purpose flour for dredging
- Olive oil for frying
- 1 cup tomato sauce

**Soutzoukakia (Greek-Style Meatballs)**

**Directions**
1. Soak the bread in water for 10 to 15 minutes, then squeeze out all the excess moisture.
2. Combine the bread, ground beef, onion, garlic, parsley, egg, cumin and seasonings in a large bowl.
3. Shape into oval meatballs about 2 inches long and roll in flour. Preheat the oven to 350F degrees.
4. Heat the olive oil in a large frying pan and sauté the meatballs on all sides for about 10 minutes over medium heat. Remove with a slotted spoon and place in a baking dish.
5. Cover with the tomato sauce and bake for 20 to 25 minutes. Serve with boiled rice.