

## **Moroccan Beef Meatball Tagine**

Ingredients:

### Meatballs

- 1 ½ pounds ground beef (20% fat)
- 1/3 cup coarsely grated onion
- 1/3 cup panko (Japanese breadcrumbs)
- ¼ cup chopped fresh cilantro
- 1 large egg, beaten to blend
- 2 garlic cloves, minced
- 1 teaspoon turmeric
- ½ teaspoon cayenne pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon freshly ground black pepper
- ½ teaspoon coarse kosher salt
- ¼ teaspoon ground ginger

### Stew

- 1 tablespoon olive oil
- 3 ½ cups chopped onions
- 4 garlic cloves
- 2 cinnamon sticks
- 1 teaspoon turmeric
- 1/8 teaspoon saffron threads, crumbled
- 2 cups beef broth
- 14.5-ounce can diced tomatoes in juice
- ¼ cup golden raisins
- 2 cups ½ inch thick carrot slices
- ¼ cup chopped fresh cilantro plus additional for garnish
- 1, 5-ounce package baby spinach leaves
- Couscous with fresh cilantro
- Lemon juice

Instructions:

### Meatballs

- Line large rimmed baking sheet with plastic wrap. Gently mix all ingredients in large bowl.
- Using moistened hands and scant 2 tablespoonful's for each, roll mean mixture into 1 ½ inch meatballs.
- Arrange meatballs on sheet.

### Stew

- Heat oil in heavy large ovenproof pot over medium heat. Add onions; sauté about 15 minutes.
- Add garlic, cinnamon, turmeric, and saffron; stir 2 minutes.
- Add broth, tomatoes with juice, and raisins.

Preheat oven to 350 degrees. Bring stew to simmer. Stir in carrots. Carefully add meatballs to stew; gently press into liquid to submerge. Sprinkle ¼ cup cilantro over. Cover pot; place in oven. Bake until meatballs are cooked through and carrots are tender, about 35 minutes. Sprinkle spinach over stew. Cover and bake until spinach wilts, about 5 minutes longer. Gently stir to mix in spinach, being careful not to break meatballs. Remove cinnamon sticks. Season tagine with salt and pepper. Spoon couscous into bowl; top with tagine. Garnish with cilantro and lemons.