



Martha's Best Moroccan Meatball Stew

with Spinach, Chickpeas & Mint

 20-30min  2 Servings

With a few tricks, this warmly spiced one-pot meal tastes as if it's been simmering for hours but is on your table in just minutes. Beef meatballs gently brown along with onions, garlic, and our Baharat spice blend. Chickpeas and tomato sauce thicken the deeply flavored stew before we wilt in spinach at the end. Sour cream and fresh mint are the final touches that turn dinner into a destination.

What we send

- 1 yellow onion
- garlic
- 1 oz sour cream ⁷
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- ¼ oz baharat spice blend ¹¹
- 15 oz can chickpeas
- 8 oz tomato sauce
- ¼ oz fresh mint
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- large egg ³

Tools

- medium pot

Allergens

Wheat (1), Egg (3), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 35g, Carbs 85g, Protein 55g



1. Prep ingredients

Thinly slice **onion**. Thinly slice **2 garlic cloves**.

In a small bowl, whisk together **sour cream** and **2 teaspoons water**; season to taste with **salt** and **pepper**.

In a medium bowl, add **beef**, **1 large egg**, **¼ cup panko**, **½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.



4. Simmer stew

Reduce heat to medium-low and simmer until slightly thickened, flavors have melded, and meatballs are cooked through, about 10 minutes.



2. Cook meatballs & onions

Heat **1 tablespoon oil** in a large pot over medium-high until shimmering. Add **meatballs** and cook, turning occasionally, until browned, 3-5 minutes. Add **onions** and cook, stirring, until onions are slightly softened, about 3-5 minutes more.



5. Prep mint

Pick **mint leaves** from stems, tearing if large; discard stems.



3. Build stew

Add **sliced garlic** and **baharat spice**; cook, stirring, until fragrant, 30-60 seconds. Add **chickpeas and their liquid**, **tomato sauce**, **1 cup water**, and **¼ teaspoon sugar**; bring to a boil.



6. Finish & serve

Remove **stew** from heat. Stir in **spinach** until just wilted. Season to taste with **salt** and **pepper**.

Serve **meatball stew** with **sour cream** and **olive oil** drizzled over top and garnished with **mint leaves**. Enjoy!