

Moroccan Meatballs

Ingredients:

Meatballs

- 1 pound beef, lean, ground
- 2 teaspoons cumin seeds, toasted, ground
- 1 tablespoon paprika
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 3 tablespoons fresh parsley, minced
- 2 tablespoons cilantro, minced
- 1 teaspoon salt
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 tablespoons extra-virgin olive oil
- 1 egg (optional)

Sauce

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 4 garlic cloves
- 2 teaspoons cumin
- 1/2 teaspoon ground black pepper
- A pinch of cayenne pepper
- 1/2 cup parsley, mint, or cilantro, freshly chopped or a combination
- 2 cups tomato sauce
- 1 cup beef stock

Directions

1. For the meatballs: Combine all of the ingredients in a bowl. If the mixture does not adhere, add egg to bind. Fry a sample meatball and adjust seasoning if necessary.
2. Form the mixture into 1-inch diameter balls. If you like, brown the meatballs in a skillet in 2 tablespoons of oil over high heat. Set aside.
3. For the sauce: Heat the oil in sauté pan. Add the onions and cook over medium heat until tender and translucent, about 8–10 minutes.
4. Add the garlic, spices, and herbs, and cook for 5 minutes to blend the flavors. Stir in the tomato sauce and beef stock, bring to a simmer.
5. Place the meatballs on top of the sauce and cover. Simmer for 15–20 minutes. Serve with couscous.

Nutrition Facts

Serving Size (193g)
Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 135mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 15g

Vitamin A 25% • **Vitamin C 30%**

Calcium 2% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

