

Moroccan Beef Meatball Tagine

Ingredients

Meatballs:

- 1 1/2 pounds ground beef (20% fat)
- 1/3 cup coarsely grated onion
- 1/3 cup panko (Japanese breadcrumbs)*
- 1/4 cup chopped fresh cilantro
- 1 large egg, beaten to blend
- 2 garlic cloves, minced
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon coarse kosher salt
- 1/4 teaspoon ground ginger

Stew:

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

Preparation

For meatballs:

Line large rimmed baking sheet with plastic wrap. Gently mix all ingredients in large bowl. Using

moistened hands and scant 2 tablespoonfuls for each, roll meat mixture into 1 1/2-inch meatballs. Arrange meatballs on sheet.

For 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°F. Bring stew to simmer. Stir in carrots. Carefully add meatballs to stew; gently press into liquid to submerge. Sprinkle 1/4 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 bowls; top with tagine. Garnish with cilantro and lemons.