

SKU1103 web d7146fe12c00be8c6a6d5cd3df42a836

## Meatball & Orzo Stew

with Baby Spinach



30-40min



4 Servings

If spaghetti and meatballs had an exotic Mediterranean cousin, this dish would be it. We use a berbere spice blend in both the tomato sauce and the grass-fed beef meatball mixture for intense flavoring all throughout. Orzo pasta is the perfect tiny shape for enjoying this meal by the spoonful! Cook, relax, and enjoy!

## What we send

- red onion
- garlic
- baby spinach
- berbere spice blend
- fresh parsley
- tomato sauce
- grass-fed ground beef
- golden raisins

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large skillet
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 684.0kcal, Fat 28.3g, Proteins 32.1g, Carbs 74.4g



### 1. Prep ingredients

Peel and finely chop **3 large garlic cloves**. Cut **onion** in half, then peel, and finely chop. Pick **parsley leaves** from **stems**; coarsely chop leaves and stems separately. Finely chop **golden raisins**.



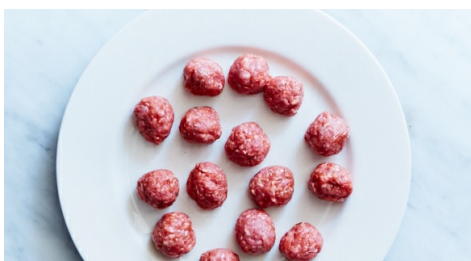
### 2. Cook onion & garlic

Heat **3 tablespoons oil** in a medium saucepan over medium-high. Add **onions**, cook, stirring occasionally, until golden brown and softened, 4-5 minutes. Season with **½ teaspoon salt**. Add **garlic, parsley stems**, and **1 teaspoon berbere spice blend**; cook, stirring, until fragrant, about 2 minutes. Remove **½ cup** from the saucepan, save for step 4.



### 3. Make sauce

Add **tomato sauce** to the saucepan and season with **1 teaspoon salt**. Reduce heat to medium and simmer until thickened, about 4 minutes. Add **orzo** and **4½ cups water** and simmer, stirring to prevent sticking, until orzo is just tender, 12-15 minutes. Season to taste with **salt**.



### 4. Make meatballs

Meanwhile, combine **beef** with **reserved onion mixture, chopped raisins, 1½ teaspoons berbere spice blend** (save rest for own use), and **¾ teaspoon salt**. Using lightly moistened hands shape **beef mixture** into **16 small meatballs**, about 1 tablespoon each.



### 5. Cook meatballs

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until browned and just cooked through, 5-7 minutes. Using a slotted spoon, transfer meatballs to a paper towel-lined plate to drain.



### 6. Finish & serve

Add **meatballs** and **baby spinach** to the simmering **sauce**. Return to a simmer, stirring gently, until heated through and spinach is wilted, 2-3 minutes. Serve in bowls and garnish with **chopped parsley leaves**. Enjoy!