



Meatball & Orzo Stew

with Baby Spinach



30-40min



2 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!

What we send

- garlic
- 1 red onion
- ¼ oz fresh parsley
- ¼ oz berbere spice blend
- 8 oz tomato sauce
- 3 oz orzo ¹
- 10 oz pkg grass-fed ground beef
- 5 oz baby spinach
- 1 oz golden raisins ¹⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

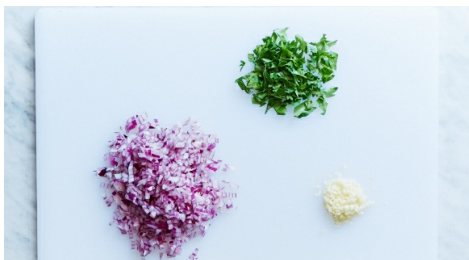
- medium saucepan
- medium nonstick skillet

Allergens

Wheat (1), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 31g, Carbs 69g, Protein 39g



1. Prep ingredients

Peel and finely chop **2 large garlic cloves**. Halve **onion**, then peel, and finely chop. Pick **parsley leaves** from **stems**; chop leaves and stems separately. Finely chop **golden raisins**.



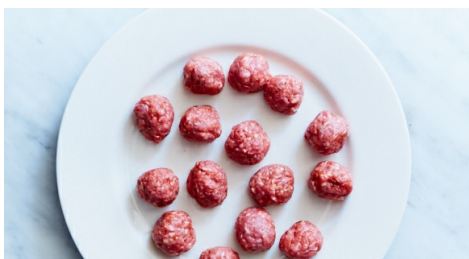
2. Cook onions & garlic

Heat **2 tablespoons oil** in a medium saucepan over medium-high. Add **onions**, cook, stirring occasionally, until golden brown and softened, 4-5 minutes. Season with **¼ teaspoon salt**. Add **garlic, parsley stems**, and **½ teaspoon berbere spice blend**; cook, stirring, until fragrant, about 2 minutes. Remove **⅓ cup** from the saucepan, save for step 4.



3. Make sauce

Add **tomato sauce** to the saucepan, and season with **½ teaspoon salt**. Reduce heat to medium and simmer until thickened, about 4 minutes. Add **orzo** and **3 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, ¾ teaspoon berbere spice blend** (save rest for own use), and **½ teaspoon salt**. Using lightly moistened hands, shape **beef mixture** into **8 small meatballs**, about 1 tablespoon each.



5. Cook meatballs

Heat **1 tablespoon oil** in a medium 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 **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!