

MOROCCAN MEATBALL AND COUSCOUS STEW



Total Time
60 MIN.

Serving Size
1 1/2 CUPS/375 ML

Difficulty
EASY

Tiny hand-rolled meatballs are seasoned with warm spices and cooked in a simmering soup with Israeli couscous for a unique appetizer or lunch offering.

Yields
8

INGREDIENTS

	WEIGHT	MEASURE
minced garlic	1 tbsp	15 mL
sweet paprika	1 tbsp	15 mL
ground cumin	1 tbsp	15 mL
chopped fresh thyme	1 tbsp	15 mL
ground coriander	1 tsp	5 mL
hot pepper flakes	1 tsp	5 mL
fennel seeds	1 tsp	5 mL
salt and pepper, each	1 tsp	5 mL
ground lamb	2 lb	908 g
Campbell's Verve Moroccan Style Nine Vegetable	1 pouch (4 lb)	1 pouch (1.81 kg)
Campbell's No Salt Added Chicken Broth	2 cups	500 mL
Israeli couscous	2 cups	500 mL
chopped fresh cilantro	3/4 cup	185 mL
chopped fresh mint	3/4 cup	185 mL

INSTRUCTIONS

1. Preheat oven to 450°F (230°C). In large bowl, combine garlic, paprika, cumin, thyme, coriander, hot pepper flakes, fennel, salt, pepper and cinnamon. Crumble in ground lamb; mix gently until well combined. Roll into 48 (20 g/0.7 oz) meatballs. Arrange on greased sheet pan. Roast for 12 to 15 minutes or until browned.
 2. Meanwhile, pour soup and broth into large saucepan; bring to simmer. Add couscous and meatballs. Simmer for about 10 minutes or until couscous is tender and meatballs are cooked through. Hold warm for up to 4 hours.
- Ladle 1 1/2 cups (375 mL) warm soup into serving bowl. Sprinkle with 1 tbsp (15 mL) each cilantro and mint before serving.



Tip

- Meatballs can also be deep-fried for about 3 minutes or until golden and set to avoid flat bottom from baking on sheet pan.
- Meatballs can also be prepared with ground beef, or a combination of beef and lamb.

Tips: