

Moroccan Meatballs with Couscous

This is a slow cooker recipe, but can be done in heavy cast iron pot with a lid.

Ingredients:

for the Meatballs:

1/2 cup dried breadcrumbs (I make mine from stale whole wheat bread)

1/4 cup dried currants (substitute black raisins if you can't find currants)

1/4 cup finely chopped onions (smaller is better here)

1/2 teaspoon sea salt

1/2 teaspoon each of ground cumin and dried oregano

1/4 teaspoon ground cinnamon

1 1/2 lbs lean ground turkey

1 large eggwhite

Cooking Spray

Sauce:

1/4 cup tomato paste

1 teaspoon fennel seeds

1 1/2 teaspoons grated orange rind (microplane zester works well here)

1/2 teaspoon ground cumin

1/4 teaspoon ground cinnamon

dash of salt

1/4-1/2 teaspoon ground red pepper (start with the smaller amount and add additional to taste)

2 14.5oz cans diced tomatoes

Other Ingredients:

1 box (approx 4 cups cooked) whole wheat couscous prep according to instructions on box

Parsley for garnish (optional)

Meatball prep:

Combine the first 9 ingredients in a bowl. Mix gently but firmly to incorporate all ingredients. Form into 30-35 meatballs. I prefer slightly smaller to slightly larger. Using a non stick pan, give a quick spray with your cooking spray. Brown the meatballs in batches and set aside when done.

Sauce prep:

Add tomato paste and next 7 ingredients to slow cooker. Stir to combine. Add meatballs to sauce and stir gently to coat each meatball. Cover and cook on low for 6 hours.

Serve over couscous. Each portion should contain 5 meatballs, 1/2 cup couscous and 1/2-1 cup sauce.

Triple the recipe for 90 meatballs and 3 boxes of couscous