



MEATBALL SHAKSHUKA

INGREDIENTS

- 2 Tbsp olive oil
- 2 bell peppers, any color, thinly sliced
- 1 onion, thinly sliced
- 2 tsp cumin
- 2 tsp smoked paprika
- ½ tsp salt
- 1 28 oz can whole stewed tomatoes
- Crumbled feta for serving

MEATBALLS-

- 1 lb ground beef
- 2 tsp smoked paprika
- 2 tsp cumin
- ½ tsp salt
- 2 garlic cloves, minced
- 1 bunch of cilantro, finely chopped (reserve a bit for garnish)
- 2 eggs
- 1 c bread crumbs

DIRECTIONS

1. In a large lidded saucepan heat 2 tablespoons of olive oil over medium heat.
2. Add in peppers and onions, stirring often until onions are almost caramelized. About 10 minutes. Add in cumin, smoked paprika and salt and stir until fragrant.
3. Using your hands, crush the tomatoes one at a time and add to the pepper and onion mixture followed by the remaining liquid from the pan. Bring mixture to a simmer and allow to cook until thickening begins. (about 15 minutes) Adjust seasoning as needed.
4. While the sauce is thickening combine the ground beef along with all of the meatball ingredients and stir using your hands being careful not to over mix.
5. Using your hands shape meatballs roughly the size of golfballs.
6. Carefully arrange meatballs into the sauce and bring back to a simmer. Cover pan and continue cooking on low heat for 10 minutes. Uncover and cook for another 10 minutes. The meatballs are done when they reach an internal temperature of 165° F on an instant-read thermometer
7. Top meatballs with fresh feta and cilantro. Serve with toasted bread or pita bread.

BENEKER
Family Farms



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SHOPPING LIST

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1 onion
cumin
smoked paprika
salt
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tomatoes
crumbled feta for serving
1 lb ground beef
minced garlic
1 bunch of cilantro
2 eggs
bread crumbs

SIDE OPTIONS

Toasted Bread
Pita Bread
Mixed Greens Salad
Peas
Steamed Green Beans