

Spanish Pork Meatball Stew



Ingredients

1 Tbsp / 15 mL canola oil
1 cup / 250 mL finely chopped yellow onion
2-3 cloves garlic, minced
1 ¼ lb / 0.625 kg lean ground pork
1 large egg, slightly beaten
½ cup / 125 mL fine dry breadcrumbs
½ cup / 125 mL chopped fresh Italian parsley, plus more for garnish
1 tsp / 5 mL salt
½ tsp / 2 mL ground black pepper
2 large carrots, peeled and sliced
1 ¼ cups / 325 mL sodium-reduced chicken broth
1-28 oz / 796 mL can diced tomatoes
1-19 oz / 540 mL can chickpeas, drained and rinsed
2 Tbsp / 30 mL tomato paste
2 tsp / 10 mL paprika
¼ tsp / 1 mL turmeric
Salt and ground black pepper to taste
Hot cooked rice for serving (optional)

Directions

1. Preheat oven to 375°F.
2. In large sauté pan, heat oil over medium-high heat.
3. Add onion and garlic; sauté until softened, about 3 minutes.
4. Transfer half of the onion mixture to a large bowl. Set remaining onion mixture aside.
5. Add ground pork, egg, breadcrumbs, parsley, salt and pepper to bowl. Gently combine ingredients; do not overmix.
6. Form meat mixture into 1 ½-inch balls; arrange on rimmed, parchment-lined baking sheet about 1 inch apart. Bake in preheated oven for 12-15 minutes.
7. Turn and bake 8-10 minutes more or until instant-read thermometer registers 160°F. Remove meatballs from oven; set aside.

8. Meanwhile, add carrots, broth, tomatoes, chickpeas, tomato paste, paprika and turmeric to reserved onion mixture in sauté pan; stir to combine. Over medium-high heat, bring mixture to a low boil. Reduce heat and simmer, stirring occasionally until stew is slightly thickened, about 15 minutes.
9. Nestle meatballs into stew. Cover and simmer an additional 10-12 minutes or just until carrots are tender crisp.
10. Season stew with salt and pepper according to taste. Garnish with additional chopped parsley.
11. Serve stew over hot cooked rice, if desired.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 45
- **Number of Servings:** 4-6