

Hearty Moroccan Ragoût with Meatballs and Chickpeas

Savory Moroccan Meatball and Chickpea Stew



TIME
20 min

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INGREDIENTS

For the Meatballs:

500g ground beef
60g breadcrumbs
60ml milk
1 egg
2 cloves garlic, minced
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground cinnamon
Salt and pepper, to taste

For the Stew:

2 tbsp olive oil
1 onion, finely chopped
2 carrots, sliced
1 red bell pepper, chopped
1 tsp ground ginger
1 tsp turmeric
½ tsp paprika
... tsp cayenne pepper (optional, for heat)
1 can (400g) chickpeas, drained and rinsed
1 can (400g) diced tomatoes
500ml beef broth
... cup fresh coriander, chopped (plus extra for garnish)

DIRECTIONS

1. **Step 1: Make the Meatballs:** In a large mixing bowl, combine ground beef, breadcrumbs, milk, egg, garlic, cumin, coriander, cinnamon, salt, and pepper.
2. Mix gently until well combined.
3. Form into small meatballs (about 1 inch in diameter). Set aside.
4. **Step 2: Brown the Meatballs:** Heat olive oil in a large pot or Dutch oven over medium heat.
5. Add meatballs in batches and brown on all sides (they don't need to be fully cooked).
6. Remove and set aside on a plate.
7. **Step 3: Cook the Vegetables:** In the same pot, add onions, carrots, and red bell pepper.
8. Cook for about 5 minutes, stirring occasionally, until softened.
9. **Step 4: Add Spices and Base:** Stir in the ginger, turmeric, paprika, and cayenne.
10. Let cook for 1 minute to bloom the spices.
11. Add chickpeas, diced tomatoes, and beef broth.
12. Bring to a boil, then reduce heat and simmer uncovered for 15 minutes.
13. **Step 5: Return Meatballs to the Pot:** Add browned meatballs back into the stew.
14. Simmer for another 15 minutes, or until meatballs are cooked through and sauce has thickened slightly.
15. **Step 6: Finish and Serve:** Stir in chopped coriander just before serving.
16. Ladle into bowls and garnish with extra herbs.

TIPS FOR SUCCESS

Use lean ground beef for less grease in the stew.

For added richness, use a mix of beef and lamb .

Add extra cayenne or a pinch of harissa paste .

This stew pairs beautifully with couscous , rice , or warm flatbread .

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Original recipe: <https://chefmaniac.com/hearty-moroccan-ragout-with-meatballs-and-chickpeas/>