

WMPC'S MOROCCAN MEATBALLS

Ingredients

1 TBS vegetable or olive oil

2 cups chopped onion

28 oz diced tomato (canned)

2 tsp minced garlic

1 ½ tsp sugar

2 TBS minced jalapeño (optional)

3 TBS chopped fresh cilantro

3 TBS chopped fresh parsley

½ tsp ground cumin

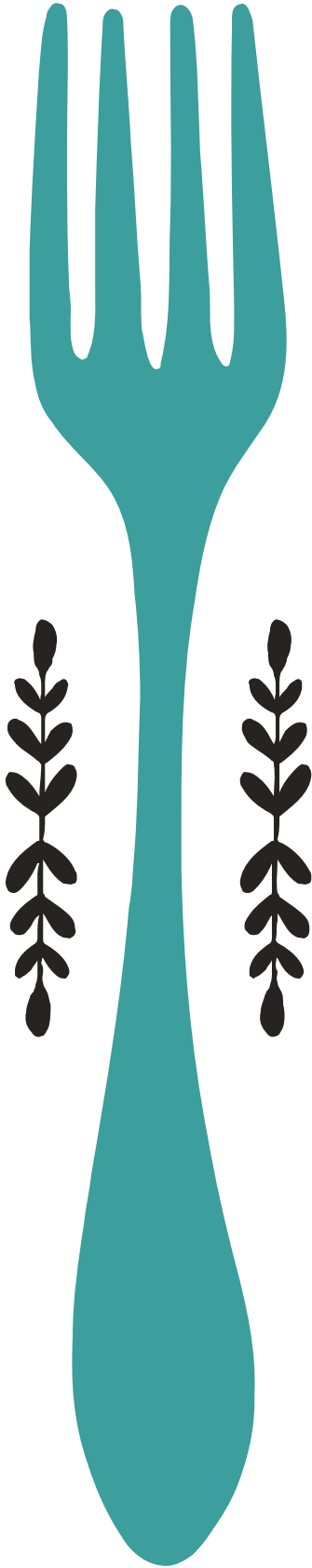
½ tsp ground cinnamon

½ tsp ground ginger

Frozen meatballs about 32

**** for vegetarians you can use fresh mushrooms/eggplant/zucchini in place of meatballs*

Your choice of rice or couscous to serve meatballs over.



Directions

Sauté onions with oil over medium heat until tender and then add remaining ingredients except for meatballs. Simmer for 30 minutes and then add meatballs. Cook until meatballs are heated through. For quicker turnaround you can heat the meatballs up separately while the tomato mixture is cooking and then add heated meatballs.

Serve over your choice of cooked rice or couscous!