

LAMB MEATBALL STEW WITH QUINOA, BABY CARROTS, SUGAR SNAP PEAS, AND HERBS

Serves 6 to 8

This is the ultimate cold-weather meal. Herb-scented broth packed with vegetables, meatballs, and quinoa will warm you up with loads of fiber, protein, and antioxidants. This makes enough to feed a crowd or to keep you ready for a week or more of comforting stew meals.

INGREDIENTS:

2 tablespoons extra-virgin olive oil, plus more for serving
2 carrots, diced
4 cipollini onions, peeled
1 cup king oyster mushrooms, cut into 1-inch pieces
1 fennel bulb, cut into 1-inch wedges
2 garlic cloves, sliced
1 cup dry white wine
6 cups unsalted chicken stock
2 bay leaves
2 thyme sprigs
1 rosemary sprig
Coarse sea salt and freshly ground black pepper
1 cup red quinoa, rinsed under cold running water and drained
Spiced Almond Lamb Meatballs (see below for recipe)
1 jalapeño, thinly sliced
2 cups sugar snap peas, halved
1 cup 1-inch pieces radicchio
Fresh dill, cilantro, basil, fennel fronds, and mint leaves, chopped

DIRECTIONS:

In a large Dutch oven or saucepot, heat the olive oil over medium-high heat. Add the carrots, onions, mushrooms, and fennel and cook, stirring often, for 3 minutes. Add the garlic and cook, stirring, for 1 minute. Add the wine and cook until the alcohol burns off. Add the stock, bay leaves, thyme, and rosemary and bring to a boil. Reduce the heat to maintain a steady simmer. Season with salt and pepper. Add the quinoa and simmer until it's just tender, about 15 minutes. Add the meatballs, jalapeño, sugar snap peas, and radicchio. Simmer until the vegetables are just barely tender but still vibrant, about 3 minutes. Remove and discard the bay leaves.

Divide the soup among six to eight serving bowls and finish each bowl with a healthy drizzle of oil and a generous sprinkling of herbs. Serve immediately.

Spiced Almond Lamb Meatballs

INGREDIENTS:

2 cups whole milk
1 cup raw almonds
2 1/2 pounds ground lamb (77% lean)
1/2 cup chopped fresh herbs, preferably a mix of mint, oregano, rosemary, parsley, and thyme
2 garlic cloves, minced
1 tablespoon dry red wine
1 teaspoon cayenne pepper
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground fennel seed
2 large eggs, lightly beaten
2 tablespoons kosher salt
1/2 teaspoon freshly ground black pepper
Extra-virgin olive oil

DIRECTIONS:

Combine the milk and almonds in a small bowl and let soak for 30 minutes. Drain the almonds and pulse in a food processor or blender until finely ground. Transfer to a bowl and add the lamb, herbs, garlic, wine, cayenne, coriander, cumin, fennel, eggs, salt, and black pepper. Mix with your hands until everything is thoroughly and evenly incorporated. Dampen your hands and shape the mixture into 1-inch-round meatballs.

Heat a large cast-iron skillet over medium-high heat. Generously coat the bottom of the skillet with olive oil. When the oil is hot, add as many meatballs as you can without crowding the skillet, spacing them at least 1 inch apart.

Cook, turning often to evenly brown, until well seared, 3 to 5 minutes. Transfer to paper towels to drain. Serve hot.