



Stuffed Artichoke Hearts

Equipment:

Food Processor
Dutch Oven or Large Pot

Ingredients:

Meatballs

1 1/4 # ground beef
1 chopped onion
1 cup chopped parsley
1 tsp salt
1 tsp pepper
1 tbsp Bharat / Ras El Hanut
(use paprika and cumin as substitute)
1 tsp tumeric
1 Egg
2 tbsp Matzo flour (optional)
Potato (optional)

Sauce

2 artichoke hearts
2 celery stalks
2 onions
2 Tbsp oil
1 tsp tumeric
1 tsp salt
1 tsp black pepper
1 tsp cumin
1 cup peas
2 cups water

14 frozen artichoke hearts
thawed
1 lemon
1 tbsp oil

Instructions:

Meatballs

Mix all the meat ingredients to make 12 meatballs and place on the side.

Sauce

Grind 2 artichoke hearts, 2 stalks of celery, and onion in a food processor, until the mixture becomes creamy.

Put oil in dutch oven.

Add the vegetable mixture to the pot and season with turmeric, salt, pepper and a little cumin.

Add the peas and water and bring to a boil.

Assemble

Fill the artichoke hearts with the meatballs.

Arrange the stuffed artichoke hearts in the pot

Cook on low heat for 30-40 minutes until the meat is cooked and the artichoke bases soften.

Squeeze lemon juice at the end of cooking

Garnish with chopped parsley and drizzle with olive oil

