

# Mediterranean One-Pot Meals

## January 2010

### Menu:

Quick Pasta Fagioli

Moroccan Meatball and Chickpea Tagine

Fennel, Tomato and Bread Soup

Warm Spinach Salad with Apple-Balsamic Dressing

## Quick Pasta Fagioli

**serves 6-8**

olive oil

1/2 cup diced pancetta

4 links chicken Italian sausage, (mild or hot) cut into 1-inch pieces

1 white onion, diced small

1 large sprig rosemary

1 tablespoon chopped garlic

2 15-oz cans white beans

5 cups chicken stock, plus more as needed

1 cup dry mini elbow macaroni

grated parmesan, for serving

### \*\*\* Preparation \*\*\*\*

Heat a large Dutch oven or soup pot over medium-high heat. Add a light coating of olive oil to the bottom of the pan. Add the pancetta and sausage. Cook until golden. Add the onions and rosemary. Cook until tender. Add the garlic and stir until just fragrant.

Add the beans and the stock and bring to a boil. Stir in the pasta and cook until pasta is tender. Remove from heat. Taste and season with salt and pepper as needed.

Spoon about 2 cups of the soup (avoiding the large chunks of sausage) into a blender -- be careful to only fill your blender about half way. Blend until smooth. Add this mixture back into the soup. Blend more as needed to create a thicker soup.

Serve topped with grated parmesan.

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## Moroccan Meatball and Chickpea Tagine

### **serves 6 people**

- 2 lbs lean ground beef
- 1 garlic cloves, grated
- 1 tbl ground cumin
- 1/2 tsp ground cinnamon
- 1/2 cup chopped parsley
- 2 egg
- 1/2 tsp ground black pepper
- 1 tsp salt
- olive oil, as needed
- 1 white onion, sliced
- 1/2 cup white wine
- 1 28-oz can crushed tomatoes or tomato sauce
- 1 can chickpeas, drained and rinsed very well

### **\*\*\* Preparation \*\*\*\***

Mix the beef with the garlic, cumin, cinnamon, chopped parsley, eggs, salt and pepper. Combine very well. Roll into small meatballs.

In large shallow pan, heat some olive oil. Add the meatballs and brown. Add the onions and cook with the meatballs until slightly tender. Add the wine and scrape the bits off the bottom of the pan. Add the tomatoes and chickpeas. Cover pan tightly with lid and cook for 20 minutes over low heat. Season the sauce as needed before serving.

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## **Fennel, Tomato and Bread Soup**

### **serves 6 people**

4 slices country bread, 1-inch thick

olive oil, as needed

1/4 cup chopped garlic

2 bulbs fennel, diced small

2 28-oz can diced tomatoes

1 cup chicken stock, (or water) plus more as needed

1/2 cup chopped basil

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 300 degrees. Place the bread in the oven (dry) and cook for about 15 minutes until very dry and lightly toasted. Let cool.

In a large pot, add olive oil to lightly coat the bottom. Place over medium-high heat and add the garlic and fennel. Cook until beginning to soften. Add the tomatoes and the stock. Cook for about 15 minutes. Break the bread into pieces and add to the soup. Cook until bread is very mushy, using a spoon to break it up. Stir in the basil. Taste and season with salt and pepper as needed before serving.

## Warm Spinach Salad with Apple-Balsamic Dressing

### serves 6

olive oil

2 Fuji apples, sliced into 1/4-inch slices

1 tbl chopped fresh thyme

1/4 cup balsamic vinegar

1 tbl honey

24 oz baby spinach leaves

salt and pepper

### \*\*\* Preparation \*\*\*\*

Heat a very large skillet over high heat. Add olive oil to lightly coat the bottom of the pan. Add the apples and thyme and sautee until soft. Add the balsamic vinegar and honey, bring to a boil. Remove from heat and add the spinach to the pan. Toss until the heat wilts the spinach. Season with salt and pepper. Serve immediately.