



Ingredients

10 Ounces Ground Beef

- 1 Carrot
- 1 Yellow Onion
- 1 Yukon Gold Potato
- 1/2 Bunch Swiss Chard

Knick Knacks

- 2 Tablespoons Tomato Paste
- 1 Tablespoon Beef Demi-Glace
- 1 Tablespoon Cornstarch
- 1/4 Cup Panko Breadcrumbs
- 1 Tablespoon Meatball Spice Blend

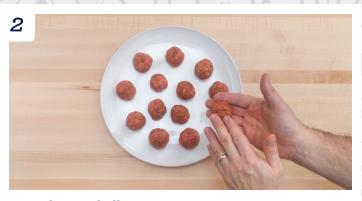
(Onion Powder, Sweet Paprika, Ground Fennel Seed, Celery Seed, Garlic Powder, Whole Dried Marjoram, Ground Cayenne Pepper)

Makes: 2 servings | Calories: about 550 per serving Prep Time: 15 minutes | Cook Time: 30–40 minutes



Prepare the ingredients:

Wash and dry the fresh produce. Small dice the potato. Peel the carrot; thinly slice into rounds on an angle. Peel and halve the onion; cut into ½-inch-wide wedges. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems, keeping them separate. To make the slurry, in a bowl, combine the cornstarch and ¼ cup of water; whisk until smooth.



Form the meatballs:

In a medium bowl, combine the **ground beef**, **breadcrumbs** and **spice blend**; season with salt and pepper. Gently mix until just combined. Using wet hands, form the mixture into 12 to 14 equal-sized meatballs, each about 1 inch in diameter.



Brown the meatballs:

In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **meatballs** and cook, turning occasionally, 4 to 6 minutes, or until browned on all sides. Transfer to a plate, leaving any browned bits (or fond) in the pan.



Start the ragout:

Add the **potato** to the pan of reserved fond; season with salt and pepper. Cook on medium-high, stirring occasionally, 2 to 4 minutes, or until lightly browned.



Add the vegetables:

Add the **carrot**, **onion** and **chard stems** to the pan of potato; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened. Add the **tomato paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the tomato paste is dark red and fragrant.



Finish the ragout & plate your dish:

Add the browned meatballs, chard leaves, demi-glace and 1½ cups of water to the pan of vegetables; season with salt and pepper. Cook, stirring frequently and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until thoroughly combined. Heat to boiling on high. Once boiling, add the slurry (stirring just before adding); season with salt and pepper. Reduce the heat to medium-high and simmer, stirring occasionally, 2 to 4 minutes, or until the liquid has thickened slightly and the meatballs are cooked through; season with salt and pepper to taste. Divide between 2 bowls. Enjoy!