

# Meatball Ragout

## with Swiss Chard

The word “ragout” comes from the French “ragôuter,” which means “to revive the taste or appetite.” And the rustic stew itself—made with meat, vegetables and plenty of savory, herby seasonings—does just that. Here, we’re finishing succulent, spiced meatballs with our hearty vegetables, including leafy chard. Beef demi-glaze and a quick slurry (a combination of cornstarch and water) give the broth its satisfying thickness.

### Blue Apron Wine Pairings

Lloyd McQueen Petite Sirah, 2013  
Helen Foggo Shiraz, 2015



## Ingredients

10 Ounces Ground Beef  
1 Carrot  
1 Yellow Onion  
1 Yukon Gold Potato  
½ Bunch Swiss Chard

### Knick Knacks

2 Tablespoons Tomato Paste  
1 Tablespoon Beef Demi-Glaze  
1 Tablespoon Cornstarch  
¼ 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



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/831](https://blueapron.com/recipes/831)

1



## 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.

2



## 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.

3



## 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.

4



## 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.

5



## 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.

6



## Finish the ragout & plate your dish:

Add the **browned meatballs**, **chard leaves**, **demi-glaze** 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!