



Makes 13 cups
Preparation Time: 40 minutes
Cook Time: 40 minutes

INGREDIENTS:

¾ cup dry bulgur

2 15-oz. cans no-salt-added chickpeas, undrained

1 tablespoon flaxseed meal

¼ cup chopped toasted walnuts

2 tablespoons tahini

5 cloves garlic, minced

3 teaspoons [ras el hanout](#)

1 teaspoon sea salt

¼ teaspoon freshly ground black pepper or cayenne pepper

2 cups fresh or frozen mirepoix (10 to 12 oz.)

6 cups low-sodium vegetable broth

1 lb. 2-inch red or yellow potatoes, quartered

1 14.5-oz. can no-salt-added fire-roasted or regular diced tomatoes, undrained

2 tablespoons chopped fresh parsley

Lemon wedges (optional)

Vegan Kefta Tagine (Moroccan Meatballs)

This fragrant Moroccan stew comes together quickly with the help of store-bought [mirepoix](#) and canned tomatoes. But it's the vegan kefta (aka Moroccan meatballs), made with bulgur and chickpeas, that take this one over the top and give you something to sink your teeth into. A tagine is a North African stew named for the pot in which it is typically made. If you have a large tagine, use it, but if you don't have one, a pot or Dutch oven will work too.

Make-Ahead Tips

To save time on day-of prep: Cook the bulgur up to five days in advance and store it in an airtight container in the fridge.

To save a lot of time on day-of prep: Prepare and bake the kefta as directed (through Step 4); let cool on baking sheet. Place baking sheet with kefta in the freezer; freeze 1 hour or until firm. Transfer frozen kefta to a freezer-safe airtight container; freeze up to 3 months. Thaw kefta 15 minutes before adding to tagine; simmer an additional 5 minutes or until heated through.

How to Make Kefta Without a Food Processor

No food processor? No problem. Combine kefta ingredients in a large bowl and use a potato masher to coarsely mash and combine the mixture.

For more inspiration, check out these tasty ideas:

- [Moroccan Chickpea-Potato Tagine](#)
- [Moroccan Butternut Squash and Chickpea Stew](#)
- [Moroccan Lentil Soup](#)
- [Moroccan Bean Salad](#)

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- 1 For kefta, preheat oven to 400°F. Line a baking sheet with parchment paper. In a medium saucepan combine bulgur and 1½ cups water. Bring to boiling; reduce heat. Cover and simmer 10 minutes. Remove from heat; let stand 10 minutes. If necessary, drain off any remaining liquid. Transfer bulgur to a food processor. ([see tip, recipe intro](#)).
- 2 Meanwhile, drain chickpeas, reserving the liquid (aquafaba). In a small bowl stir together 3 tablespoons of the aquafaba and the flaxseed meal; let stand 5 minutes.
- 3 Add flaxseed mixture, 2 cups of the chickpeas, the walnuts, tahini, 3 of the minced garlic cloves, 2 teaspoons of the ras el hanout, ½ teaspoon of the salt, and the pepper to food processor with bulgur. Pulse until well combined and mixture starts to hold together.
- 4 With damp hands, shape chickpea mixture into 1½-inch balls. Place kefta balls on the prepared baking sheet. Bake, uncovered, 15 minutes or until set and heated through. Cover loosely to keep

warm.

- 5 In a 6-quart pot cook mirepoix and the remaining 2 of the minced garlic cloves over medium 6 to 8 minutes or until vegetables are tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add the remaining 1 teaspoon ras el hanout and ½ teaspoon salt, the broth, and potatoes. Bring to boiling; reduce heat. Cover and simmer 10 to 12 minutes or until potatoes are just tender.
- 6 Stir in the remaining 1¼ cups chickpeas and the undrained tomatoes. Cook over medium-low 5 minutes to blend flavors. Add kefta balls and parsley; stir gently to combine. Top servings with additional parsley and serve with lemon wedges (if using).