

LEAH KOENIG'S

SUPER DELICIOUS POMEGRANATE MOLASSES MEATBALLS

For the Sauce:

2 tablespoons
vegetable oil

1 medium yellow onion,
finely chopped

One 15-oz can
tomato sauce

1/2 cup water

1 tablespoon
pomegranate molasses

1/3 cup packed light
brown sugar
Kosher salt and freshly
ground black pepper

For the Meatballs:

2 lb ground beef
(or 1 lb each ground
beef + ground lamb or
2 lb Beyond Meat)

1 medium yellow onion

1 egg, lightly beaten

1/2 cup plain bread
crumbs (panko is fine)

1 1/2 teaspoons
kosher salt

1/2 teaspoon freshly
ground black pepper

Serves 4 to 6

Vegetarian Variation included

Make the sauce: Heat the oil in a Dutch oven or other large saucepan set over medium heat. Add the onion and cook, stirring occasionally, until softened and lightly browned, 6 to 8 minutes. Stir in the tomato sauce, water, pomegranate molasses, brown sugar, and a sprinkle of salt and pepper. Bring to a simmer, then remove from heat.



Make the meatballs: Add the beef to a large bowl. Grate the onion on the large holes of a box grater and add the onion (along with any liquid) to the beef along with the egg, bread crumbs, salt, and pepper and mix well with clean hands to combine. Place the Dutch oven back over medium heat and let the sauce come to a gentle simmer. Meanwhile, form the mixture into golf ball-size balls (about 1 1/2 inches) and gently nestle them in the sauce. It is okay if they do not all fit in one layer at first, they will shrink as they cook.)

Turn the heat to medium-low, cover the Dutch oven, and simmer, gently stirring halfway through, until cooked through, 30 to 35 minutes. Serve hot with sauce spooned over top.



Recipe reprinted, with permission, from *Modern Jewish Cooking* by Leah Koenig (Chronicle Books, 2015)