

Shawarma Chicken Meatballs with Tomato & Chickpea Stew

Warm shawarma spices, summer vegetables, chickpeas, and tender chicken meatballs come together in a light tomato broth for an easy one-pot meal. Making the shawarma spice blend from scratch builds flavor—and leaves you with extra seasoning to use another day.

At a Glance

Prep: 15 minutes

Cook: 25 minutes

Total: 40 minutes

Serves: 6

Equipment

- Large deep skillet or Dutch oven with lid
- Medium mixing bowl
- Small bowl
- Cutting board and knife
- Measuring cups and spoons
- 2 tablespoons for shaping the meatballs

Ingredients

Shawarma Spice Blend

- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons paprika
- 2 teaspoons ground turmeric
- 1 teaspoon garlic powder
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cloves

Chicken Meatballs

- 1½ pounds ground chicken breast

- 2 tablespoons shawarma spice blend
- 2 tablespoons plain Greek yogurt
- 2 cloves garlic, minced
- ¼ cup chopped fresh parsley
- ½ teaspoon salt

Tomato & Chickpea Stew

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1½ teaspoons shawarma spice blend
- 2 cups chopped ripe tomatoes
- 1 (15-ounce) can no-salt-added chickpeas, drained and rinsed
- 2½ cups low-sodium chicken broth, plus more as needed
- 1 medium zucchini, diced
- ½ teaspoon salt, or to taste
- Juice of ½ lemon, plus more to taste
- ¼ cup chopped fresh parsley

Optional for serving: plain Greek yogurt and warm flatbread

Directions

1. **Make the shawarma blend.** Combine the cumin, coriander, paprika, turmeric, garlic powder, cardamom, cinnamon, black pepper, and cloves in a small bowl. Set aside. You'll use the blend twice in this recipe and have a little left for another meal.
2. **Mix the chicken.** In a medium bowl, gently combine the ground chicken, 2 tablespoons shawarma spice blend, Greek yogurt, garlic, parsley, and salt. Do not overmix. Set aside while you prepare the stew.
3. **Start the stew.** Heat the olive oil in a large deep skillet or Dutch oven over medium heat. Add the onion and bell pepper and cook for about 4 minutes, until they begin to soften.
4. **Build the flavor.** Add the garlic and 1½ teaspoons shawarma spice blend. Cook for about 30 seconds, stirring, until fragrant.
5. **Let the tomatoes slump.** Add the chopped tomatoes and cook for 3–4 minutes, until they begin to **slump and release their juices**.
6. **Make the broth.** Stir in the chickpeas and chicken broth and bring to a gentle simmer.
7. **Drop the meatballs.** Using two spoons, scoop approximately 1½-tablespoon portions of the chicken mixture and drop them directly into the simmering stew. Space them around the skillet; they don't need to be perfectly round. Cover and gently simmer for about 7 minutes **without stirring**, allowing the meatballs to set.

8. **Add the zucchini.** Scatter the zucchini around the meatballs. Cover and continue simmering for another 5–7 minutes, or until the zucchini is just tender and the chicken meatballs reach **165°F**. Add a splash of broth if you'd like a brothier consistency.
9. **Finish fresh.** Remove from the heat. Stir in the lemon juice and parsley. Taste and adjust with additional lemon or salt as needed.

Serve as is or with a spoonful of Greek yogurt and warm flatbread.

Nutrition Facts

Per serving (⅓ of stew, without optional yogurt or flatbread):

Calories: ~310

Protein: ~30 g

Carbohydrates: ~25 g

Dietary Fiber: ~6 g

Total Sugars: ~7 g

Added Sugars: 0 g

Total Fat: ~10 g

Saturated Fat: ~2 g

Cholesterol: ~75 mg

Sodium: ~570 mg

Nutrition information is