

Moroccan Vegetable Chickpea Stew

Serves: 8

Taken from Taste of Home

Items Needed: large stockpot (6-qt), cutting board, kitchen knife, measuring cups, measuring spoons, wooden spoon

Ingredients:

1 TB olive oil
1 large onion, chopped
2 tsp ground cumin
2 tsp ground cinnamon
1 tsp ground coriander
½ tsp ground allspice
½ tsp cayenne pepper
¼ tsp salt
3 cups water
1 small butternut squash, peeled and cut in 1-inch cubes (about 4 cups)
2 medium potatoes, peeled and cut in 1-inch cubes (about 4 cups)
4 medium carrots, sliced
3 plum tomatoes, chopped
2 small zucchini, cut into 1-inch cubes
1 can chickpeas, rinsed and drained

Directions:

1. In a 6-qt. stockpot, heat oil over medium-high heat; add onion and saute until tender. Add seasonings; cook and stir one minute
2. Stir in squash, potatoes, carrots, tomatoes, add water; bring to a boil. Reduce heat; simmer, uncovered, until squash and potatoes are almost tender 15-20 minutes
3. Add zucchini and beans, bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, 5-8 minutes.

Nutrition Information (per 1.5 cup serving):

Calories: 180 Fat: 3 g Carbs: 36 g Protein: 5 g Fiber: 9 g Sodium: 174 mg

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