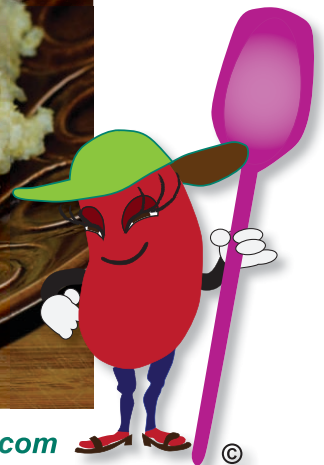


Beans, Rice And Everything Nice

Moroccan Chickpea and Vegetable Stew



original recipe by beansriceeverythingnice.weebly.com



Ingredients

1/4 teaspoon red pepper flakes
1/2 teaspoon turmeric
1 teaspoon cinnamon
1 teaspoon smoked paprika
2 teaspoons ground cumin
1/2 red onion, finely diced
2 cloves garlic, minced
1 inch piece of ginger, minced
1 cup baby carrots, sliced diagonally
1 398 ml / 14 ounce can diced tomatoes
1 398 ml / 14 ounce can filled with water
2 cups cooked or one can of chickpeas, drained and rinsed
1 small green pepper, coarsely chopped
1 small red pepper, coarsely chopped
1 small potato (I used russet), chopped
1 small sweet potato, peeled and chopped
1 small eggplant, chopped
1 cup frozen green beans
1/2 cup dried fruit such as raisins, apricots, prunes, mango, chopped into bite sized pieces
minced cilantro, to taste
1 tablespoon dried mint

1. Heat a large pot on the stove. Add the minced onions, and saute until browned and translucent, adding water a tablespoon at a time if needed. Add the garlic and ginger and saute for about 30 seconds. Add the spice blend, and toast briefly. De-glaze the pan with the diced tomatoes. Add the carrots and stir to combine. Bring to a boil over medium heat, reduce heat to medium-low, cover with a lid, and simmer for 5 minutes.
2. After 5 minutes, add the 398 ml /14 ounce can of water, chickpeas, and vegetables. Stir to coat the vegetables with the tomato mixture. Bring to a boil over medium-high heat, reduce heat to medium-low and simmer for 30 minutes. Stir occasionally to prevent sticking.
3. After 30 minutes, when all the vegetables are soft and the eggplant has mostly broken down, turn off the heat, and add the chopped fruit, minced cilantro, and dried mint. Stir to combine and let sit for 5 minutes before serving.

Tips: The ingredients list for this recipe is long, but the recipe is very simple. Be sure to prepare everything before you start, and the cooking will be stress free.

Get your grain cooking before you start the recipe, and keep it warm until the stew is ready.