RECIPE

Moroccan Chickpea and Vegetable Stew

A dinner stew of chickpeas, sweet potato and carrot in cumin, cinnamon and turmeric, with about 380 mg sodium a serving, and nothing from an animal.

MAKES

6 servings US Metric

TOTAL

1 h

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, chopped
- [ ] 1 tsp garlic powder
- [ ] 3 medium carrots, diced
- [ ] 1 medium sweet potato (300 g, peeled), in ¾-inch cubes
- [ ] 1 red bell pepper, diced
- [ ] 2 tbsp tomato paste, no salt added
- [ ] 2 tsp ground cumin
- [ ] 2 tsp ground coriander
- [ ] 1 tsp paprika
- [ ] 1 tsp ground turmeric
- [ ] ½ tsp ground cinnamon
- [ ] ½ tsp ground ginger
- [ ] ½ tsp black pepper
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with the juice

Method

1. Set a big pot on medium heat and warm the oil. Cook the onion for 5 to 6 minutes, until soft.

2. Add the carrots, sweet potato and bell pepper and stir for 2 minutes. Stir in the tomato paste, garlic powder, cumin, coriander, paprika, turmeric, cinnamon, ginger and black pepper and cook 1 minute, until the spices smell warm.

3. Pour in the tomatoes with their juice, the chickpeas, the water and the apricots. Scrape up anything stuck to the bottom. Bring to a boil.

4. Turn the heat down, cover and simmer. At 5,300 ft the sweet potato needs about a quarter longer than at sea level: 25 to 30 minutes, until a fork goes through a cube with no push.

- [ ] 2 cans (15 oz each) no-salt-added chickpeas, rinsed and drained
- [ ] 3 cups water
- [ ] ¼ cup dried apricots, chopped
- [ ] 4 cups chopped kale, stems removed
- [ ] 3 tbsp lemon juice
- [ ] ¼ cup chopped parsley
- [ ] ½ tsp salt

5. Stir in the kale and the salt and simmer uncovered 5 minutes, until the kale is soft and the stew has thickened a little.

6. Off the heat, stir in the lemon juice and parsley. Taste and add more lemon, not salt, if it needs a lift. Serve in bowls for dinner.

7. Cool leftovers within 2 hours, then refrigerate for up to 4 days or freeze flat for 3 months. Reheat soup-style, to a boil, stirring.