



CELEBRATE MUD-LUCIOUS MARCH!

MOROCCAN STEW

ADAPTED FROM *New Moosewood Cookbook*

Serves 4 to 6

What You Need:

- 1/3 cup olive oil
- 3 cups coarsely chopped onions
- 2 garlic cloves, minced or pressed
- 1 tsp turmeric
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 1/4 tsp cayenne
- 1/2 tsp paprika

- 1 cup sliced carrots
- 4 cups cubed sweet potatoes or butternut squash
- 3 cups cubed eggplant (we used jicama)
- 1 green pepper, sliced in strips (we omitted this)
- 4 cups sliced zucchini or summer squash
- 2 large tomatoes, chopped
- 1 1/2 cups cooked garbanzo beans, liquid reserved
- Pinch of saffron
- 3/4 cup dried currants or 1/2 cup raisins (or 1 diced apple)

- 1/4 cup chopped fresh parsley



What You Do:

1. In a stew pot, heat the olive oil and sauté the onions for 2 to 3 minutes.
2. Add the garlic and spices, stirring continuously.
3. Add the vegetables in the order given above, so that the starchier vegetables will cook the longest. Sauté after the addition of each vegetable until its color deepens.
4. Stir in the garbanzo beans, the saffron, and the currants or raisins (or apple).
5. There should be some liquid at the bottom of the pot from the cooking vegetables. However, if the stew is dry, add 1/2 cup tomato juice, liquid from the garbanzo beans, or water.
6. Cover the stew and simmer on low heat until all the vegetables are tender.
7. Garnish with chopped parsley just before serving.