

Moroccan Chickpea Stew

4 SERVINGS 20 MINUTES



INGREDIENTS

119 milliliters Vegetable Broth
2 Yellow Onion (medium, diced)
328 grams Chickpeas (cooked, rinsed)
9 grams Sea Salt
3 grams Turmeric
1 gram Cinnamon
1 gram Cardamom
450 milligrams Cayenne Pepper
3 Tomato (large, diced)
30 grams Parsley
49 grams Pitted Dates (chopped)

DIRECTIONS

- 01 Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 02 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 03 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup of stew.

MORE FLAVOR

Add fresh garlic, ginger, chili flakes, and/or raisins.

SERVE IT WITH

Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.