

Moroccan-Style Vegetable Stew

Can't make it to Morocco? No worries....here is a taste from Morocco that just might take you right there.

submitted by Alaina from <http://www.simplyorganicfoods.com/>

Prep Time: 20 min

Cook Time: 60 min

Ease of Preparation: Easy

Servings: 6

Ingredients

1 1/2 tablespoons olive oil

2 large onions, chopped

2 medium potatoes, scrubbed and cut into 1/4-inch chunks

2 cups (heaping) sugar pumpkin or butternut squash, peeled and cut into 1/4-inch chunks

2 large carrots, peeled and coarsely chopped

1 can (16-ounce) salt-free diced tomatoes, undrained

2 teaspoons ground cumin

1/2 teaspoon ground tumeric

1 can (16-ounce) chickpeas, drained and rinsed

salt and freshly ground pepper to taste

2 cups water

1 cup raw couscous, preferably whole grain

1/4 to 1/2 cup minced fresh parsley, to taste

Directions

Heat the oil in a soup pot. Add the onions and saute over medium heat until golden.

Add the potatoes, pumpkin or squash, carrots, tomatoes, cumin, and turmeric. Add enough water to cover all but about 1/2 inch of the vegetables. Bring to a rapid simmer, then lower the heat. Cover and simmer gently for 35 to 40 minutes, or until the vegetables are tender.

Stir in the chickpeas, then season with salt and pepper. Simmer over very low heat for 10 to 15 minutes longer.

Meanwhile, bring the water to a boil in a small saucepan. Stir in the couscous, cover, and remove from the heat. Let stand for 10 minutes, then fluff with a fork.

To serve the stew, place a small amount of the couscous in each soup bowl, then ladle some stew over it and sprinkle with parsley. Serve at once.

B'tayavon!