



MOROCCAN CHICKPEA STEW

SERVINGS: 25

This flavorful Moroccan chickpea stew is full of warm spices, hearty garbanzo beans, and colorful spinach and tomato!

INGREDIENTS

12-1/2 cups Garbanzo Beans, drained (1.25 #10 cans)
 1 Yellow onion, julienne
 1 #10 can Diced Tomatoes, Drained
 1 quart Vegetable stock
 10 Prunes, pitted, chopped
 2 pounds Fresh spinach
 2 tablespoons Fresh ginger, grated
 4 each Garlic cloves, Paste or microplane
 1 tablespoon Cumin
 2 teaspoons Chili powder
 2 teaspoons Turmeric
 2 teaspoons Coriander
 2 teaspoons Kosher Salt
 1 teaspoon Cinnamon
 1/2 teaspoon Red pepper flakes
 1/4 cup Olive oil
 2 tablespoons Lemon juice
 Cilantro to garnish

INSTRUCTIONS

1. In a large heavy bottom pot, add the olive oil over medium heat. Add the onions and saute for 10 minutes on medium-low.
2. Stir in the spices. Add the garlic and ginger. Stir until fragrant, about 2 minutes.
3. Add Diced Tomatoes, Prunes, and Stock. Stir. Bring to a simmer, then turn to medium low and simmer for 25 minutes. The stew will thicken as it cooks.
4. Add the chickpeas and simmer for another 10 minutes.
5. Add spinach. Stir until wilted.
6. Remove from heat and add fresh lemon juice. Stir.

RECIPE NOTES

Serve over brown rice.

Credits: 2 oz meat/meat alternate, 1/4 cup Red/Orange vegetable, 1/4 cup Dark Leafy Green vegetable

NUTRITION FACTS PER SERVING (1CUP)

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.