

Moroccan Stew with Couscous

Serves 4

Stew Ingredients:

Fava or Garbanzo Beans, cooked	1 Cup
Olive Oil	1 Tbsp
Sweet Onions medium dice or Whole Pearl Onions	1 Cup
Leeks, small dice	½ Cup
Garlic, minced	2 Lg Cloves
Tomato Powder	1 Tbsp
Hot Pepper Flakes	pinch
Coriander	1 tsp
Garam Masala	1 ½ tsp
Cinnamon	1 ½ tsp
Cumin	1 Tbsp
Bay Leaf	1 each
Sweet Potato, medium dice	2 Cups
Carrot, medium dice	1 Cup
Red and Green Bell Pepper, Medium dice	1 Each
Tomato, ripe, medium dice	2 Cups
Vegetable Stock or water	2 Cups
Zucchini, medium dice	1 Each
Raisins	½ Cup
Lemon Juice	1 tsp
Celtic Salt	to taste
Pepper, freshly ground	to taste



Method:

- In a large stock pot heat olive oil. Add onion and brown them slightly. Incorporate leeks, garlic, and spices. Sweat for 30 seconds.
- Add sweet potato, carrots, peppers and tomatoes. Stir while continuing to sweat (2 minutes).
- Pour in stock. Stir, bring to simmer and cover. Let simmer for 20 minutes.
- Add zucchini, raisins and beans. Simmer an additional 5 minutes.
- Season with salt, pepper and lemon juice. Serve with Moroccan couscous.

Couscous Method: (you will need: 1 cup couscous and 1 cup boiling water or vegetable stock)

- In a medium size bowl combine couscous and boiling liquid. Cover with saran wrap and let sit for 7-8 minutes.
- Fluff with fork.