

Spicy Moroccan-Inspired Chickpea Stew

Ingredients:

- 2 T. extra virgin olive oil
- 1 small red onion, diced
- 2 medium carrots, diced
- 1 medium red bell pepper, diced
- 3-4 garlic cloves, chopped
- Sea salt and black pepper, to taste
- 2 T. tomato paste
- 1 T. ground cumin
- 1 t. smoked paprika
- 2 T. fresh thyme leaves
- ¾ t. cayenne pepper (or harissa powder)
- 1 15-oz. can chickpeas, rinsed and drained
- 1 15-oz. can crushed tomatoes
- 2 c. butternut squash, cubed
- 2 c. vegetable broth or water
- 2 c. kale, tough stems removed and chopped
- 2 T. fresh lime juice

Directions:

1. Heat the olive oil in a large skillet over medium heat. Add the onion, carrots, bell pepper, and garlic. Season with salt and black pepper, to taste, and stir to combine. Cook, stirring occasionally, until the veggies soften and develop a bit of color, around 5-6 minutes.
2. Add tomato paste, ground cumin, smoked paprika, fresh thyme, and cayenne pepper (or harissa powder for a more authentic flavor). Stir to combine and continue cooking until the spices become really fragrant, approximately 1-2 minutes.
3. Add the chickpeas, crushed tomatoes, butternut squash, and vegetable broth. Season with another layer of salt and black pepper, if desired. Simmer, stirring occasionally, for 15-20 minutes or until the butternut squash is fork tender.
4. Stir in the chopped kale and cook, stirring occasionally, just until it wilts, approximately 1-2 minutes.
5. Remove from heat and stir in the lime juice. Taste and adjust seasonings, as desired, before serving. Enjoy!



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Prep time: 15 minutes
Cook time: 25-30 minutes
Serves: 4