

Cooking with Amanda – Mediterranean Foods

Class 3 – Moroccan Chickpea Stew

Ingredients:

- Water – ½ cup or more
- 2 medium onions, chopped
- 3-4 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 medium eggplant, chopped
- 1 medium zucchini, chopped
- 1 teaspoon cinnamon
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- ¼ teaspoon ground cloves
- ¼ teaspoon red chili flakes
- 4 cups marinara sauce
- ¼ cup nonalcoholic red wine (optional)
- 1 cup chickpeas, drained if using canned
- ½ cup raisins
- 2 tablespoons lemon juice
- Salt and ground pepper to taste
- ¼ cup chopped parsley

Add a little water to a large stockpot or Dutch oven. Heat over medium heat, add the onions, garlic, pepper, eggplant and zucchini, and sauté for about 5 minutes.

Add the cinnamon, paprika, cumin, cloves and chili flakes and for sauté 2 minutes longer. Add the marinara sauce and wine, if using. Simmer, uncovered, until the sauce is thick and the vegetables are tender, about 20 minutes.

Add the chickpeas, raisins and salt and pepper and lemon juice and stir to incorporate and heat through. Ladle into individual bowls or a large platter, sprinkle the chopped parsley over the top, and serve.

This dish can be served alongside a salad plate, or served over brown rice, quinoa, or couscous, with a side of asparagus for example.