

Cooking with Amanda

Moroccan-Spiced Fava Bean Stew

This recipe is delicious served over brown rice, or with green salad leaves in a pita pocket. Lima beans can be substituted if Fava beans are not available.

Serves 4

- ½ cup mixed dried fruit
- ¼ cup raisins or dried currants
- 1 tablespoon olive oil
- 1 large sweet yellow onion, chopped
- 1 large carrot, diced
- 1 large garlic clove, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 (14½ -ounce) can diced tomatoes, drained and chopped
- 8 ounces green beans, ends trimmed, cut into 1 inch pieces
- 2 cups vegetable broth
- 1½ cups cooked fava beans, or 1 (15-ounce) can, drained and rinsed
- ½ cup frozen green peas, thawed
- Salt and freshly ground black pepper
- 1 tablespoon minced fresh cilantro or parsley leaves

Bring 2 cups of water to a boil in a kettle, small saucepan or in the microwave. Place the dried fruit and raisins in a small heatproof bowl. Add boiling water to cover and soak for 20 minutes to soften. Drain and set aside.

Heat the olive oil in a large saucepan over medium heat. Add the onion and carrot, cover and cook until softened, about 5 minutes. Add the garlic, cumin and cinnamon and cook, stirring, for 30 seconds. Add the tomatoes, green beans and stock and bring to the boil. Reduce the heat to low and simmer until the vegetables are tender, about 15 minutes.

Add the favas, peas, fruit and salt and pepper to taste. Simmer, uncovered, until the flavors are blended and the desired consistency is achieved, about 10 minutes. Sprinkle with the cilantro and serve over couscous or rice.

Brown Rice

- 1 cup brown long-grain rice
- 2 cups water
- ½ teaspoon salt

Place rice in pot with lid, and add water and salt. Bring to the boil and simmer for around 20 mins, until water is absorbed and rice is soft. Drain off any excess water. Serve.