



## Moroccan Chickpea Stew

4 servings

20 minutes

### Ingredients

- 1/2 cup Vegetable Broth
- 2 Yellow Onion (medium, diced)
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 tsps Sea Salt
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 3 Tomato (large, diced)
- 1/2 cup Parsley
- 1/3 cup Pitted Dates (chopped)

### Directions

- 1 Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 2 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 3 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup of stew.

**More Flavor:** Add fresh garlic, ginger, chili flakes, and/or raisins.

**Serve it With:** Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.