

MakeAhead Vegetarian Moroccan Stew

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

2 hrs 15 mins

Description

This family favorite Moroccan stew is delicious and healthy Refrigerate it freeze it or eat it right away Serve over couscous with a slice of warm bread

Ingredients

- - 1 teaspoon ground cinnamon - 1 teaspoon ground cumin - 1 teaspoon kosher salt - ½ teaspoon ground ginger - ¼ teaspoon ground cloves - ¼ teaspoon ground nutmeg - ¼ teaspoon ground turmeric - ? teaspoon curry powder - 1 tablespoon butter - 1 medium sweet onion
- chopped - 2 cups finely shredded kale - 4 (14.5 ounce) cans organic vegetable broth - 1 (15 ounce) can garbanzo beans
- drained - 1 (14.5 ounce) can diced tomatoes
- undrained - 3 large potatoes
- peeled and diced - 2 medium sweet potatoes
- peeled and diced - 4 large carrots
- chopped - 1 cup dried lentils
- rinsed - ½ cup chopped dried apricots - 1 tablespoon honey - 1 teaspoon ground black pepper
- to taste - 1 tablespoon cornstarch (Optional) - 1 tablespoon water (Optional)

Instructions

1. Make the spice mixture: Mix cinnamon
2. cumin
3. salt
4. ginger
5. cloves
6. nutmeg
7. turmeric
8. and curry powder together in a bowl. Make the stew: Melt butter in a large pot over medium heat. Add onion and cook until soft and just beginning to brown
9. 5 to 10 minutes. Stir in kale and spice mixture; cook and stir until kale begins to wilt and spices are fragrant
10. about 2 minutes. Add broth
11. garbanzo beans
12. tomatoes
13. potatoes
14. sweet potatoes
15. carrots
16. lentils
17. apricots
18. and honey; stir to combine and bring to a boil. Reduce the heat to low and simmer for 5 minutes. Remove from the heat and let cool for 30 to 40 minutes. Cover the pot and refrigerate for up to 3 days. When ready to eat
19. remove from the refrigerator and bring to a boil. Reduce the heat and simmer until vegetables are tender and stew is heated through
20. about 25 minutes. Season with black pepper. If a thicker stew is desired
21. dissolve cornstarch in water. Stir mixture into stew and simmer until thickened
22. about 5 more minutes. To Freeze: Follow instructions through Step 4
23. but when cool
24. transfer stew to a freezer-safe container and freeze for up to 3 months. When ready to eat
25. thaw frozen stew in the refrigerator for 24 to 48 hours
26. then continue with Step 5 as written. To Enjoy Immediately: Follow instructions through Step 3. Once ingredients come to a boil
27. reduce the heat to low and simmer until vegetables and lentils are tender
28. about 30 minutes. Season with black pepper. If a thicker stew is desired
29. dissolve cornstarch in water. Stir mixture into stew and simmer until thickened
30. about 5 minutes.