

Moroccan Chickpea Stew

Oscar · 29/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

This recipe came to be as a way to use the kale that was flourishing in my garden. It could also incorporate all kinds of other vegetables whatever is in your fridge that needs to be used. Serve over couscous.

Ingredients

- - 1 tablespoon olive oil - 1 small onion
- chopped - 2 cloves garlic
- minced - 2 teaspoons ground cumin - 2 teaspoons ground coriander - ½ teaspoon cayenne pepper
- or to taste - 1 teaspoon garam masala - ½ teaspoon curry powder - 1 pinch salt - 3 potatoes
- cut into 1/2-inch cubes - 1 (14.5 ounce) can diced tomatoes
- undrained - 1 cup tomato sauce - 1 cup golden raisins - water
- or enough to cover - 1 (14.5 ounce) can chickpeas
- drained and rinsed - 1 bunch kale
- ribs removed
- chopped - ½ cup chopped fresh cilantro

Instructions

1. Heat the olive oil in a large pot over medium heat; cook the onion and garlic in the hot oil until the onions are translucent
2. 5 to 7 minutes. Stir the cumin
3. coriander
4. cayenne pepper
5. garam masala
6. curry powder
7. and salt into the onion and garlic; cook together until fragrant
8. about 1 minute. Add the potatoes
9. diced tomatoes
10. tomato sauce
11. and raisins to the pot. Pour enough water over the mixture to cover; bring to a simmer and cook until the potatoes are soft
12. 10 to 15 minutes. Add the chickpeas and kale to the pot; simmer until the kale wilts
13. about 3 minutes. Sprinkle the cilantro over the stew and immediately remove the pot from the heat.