



## Moroccan Vegan Stew - Allon-Z!

4 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 Red Onion (large, sliced)
- 2 cups Vegetable Broth
- 2 Orange Bell Pepper (cut in chunks)
- 1 Sweet Potato (diced)
- 3 cups Chickpeas (cooked, rinsed)
- 1 Sea Salt (to taste)
- 1 tsp Cumin
- 1/4 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1/4 tsp Coriander Seed
- 3 Tomato (large, diced)
- 4 Pitted Dates (chopped)
- 1/2 cup Parsley

### Directions

- 1 Add olive oil to a pot and soften garlic and onion for about 3 minutes on medium heat.
- 2 Add the broth, the bell pepper, and sweet potato. Cook for about 10 minutes before adding the chickpeas, salt, cumin, cinnamon, cardamom, cayenne pepper, and coriander seeds. Continue to cook for 10 more minutes.
- 3 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 5 to 10 minutes, stirring occasionally, until the sweet potatoes are tender.
- 4 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.