



Moroccan Stew

Submitted by
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2 T olive oil
1 large onion, coarsely chopped
3 garlic cloves
1 1/2 t tumeric
2 t cumin
2 t ground black pepper, coarse
1/4 t crushed red pepper
1 can (14 oz) can whole tomatoes, with juice, coarsely chopped - or can use fresh tomatoes
6 cups low sodium vegetable broth or water
2 cups garbanzo beans, soaked overnight
2 large sweet potatoes, peeled and cut into 1-inch cubes
3/4 c raisins- can be golden if prefer
1 zucchini quartered lengthwise and cut into 2-inch pieces
1 t each cinnamon and allspice
2 T Justin's Peanut Butter

Drain Garbanzo's and place in Dutch Oven with 6 cups broth/oil on cooktop. Bring to boil and slow boil for 1 hour. Add sweet potatoes, onions, olive oil, raisins, tomatoes and zucchini. Slow cook for another hour and add all spices and Justin's Nut Butter. Low simmer until want to serve, longer it simmers better it is!

Can be served as is, but is great over couscous