

Moroccan stew (Harira)

The warm aromatic spices will bring the whole family running into the kitchen for dinner.



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
35 min



SERVINGS
6

Ingredients

- 10 mL (2 tsp) canola oil
- 1 medium onion, diced
- 10 mL (2 tsp) ground cinnamon
- 10 mL (2 tsp) ground cumin
- 10 mL (2 tsp) ground coriander
- A pinch of chili flakes (optional)
- 2 cloves of garlic, minced
- 1 large or 2 small sweet potatoes, peeled + chopped (½ inch pieces)
- 375 mL (1½ cups) peas, frozen
- 1 can (750 mL/28 oz) no salt added tomatoes, crushed
- 750 mL (3 cups) no salt added vegetable broth
- 1 can (540 mL/19 oz can) no salt added chickpeas, drained and rinsed

Directions

1. In a saucepan, heat oil over medium heat and cook onion for 3 minutes or until softened. Add cinnamon, cumin, coriander, chili flakes (optional) and garlic and stir, cooking over low heat for about another 2 minutes.
2. Add sweet potatoes, frozen peas and tomatoes and stir to coat vegetables in spices and oil.
3. Add the vegetable broth. Bring to a boil, reduce heat and simmer until the sweet potatoes are tender (about 25 minutes).
4. Stir in the chickpeas and simmer another 5 minutes or until the sweet potatoes are soft with a fork.

Tips

- ✓ Serve with **brown rice** or **quinoa** for a tasty meal.
- ✓ Want **leftovers** for lunches? Double the recipe and freeze for up to 2 weeks.
- ✓ Feel free to add more of your favorite vegetables in this stew. Try **carrots, bell peppers and kale**.



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