

Makes 8 Servings

Use Chantal® Copper Fusion® 4 Qt. Risotto Pan with Lid



Sara Moulton's Moroccan Vegetable Stew*

Main Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped (about 1 cup)
- 4 garlic cloves, minced (about 4 teaspoons)
- 2 teaspoons finely grated fresh ginger (use a microplane)
- 1 cinnamon stick
- 1 teaspoon ground cumin
- ½ teaspoon ground allspice
- 6 medium parsnips (about 1¾ pounds), peeled and sliced ½ inch thick
- 2 large sweet potatoes (about 1½ pounds), peeled and cut into ½ inch chunks

- One 15½-ounce can chopped tomatoes
- One 14 or 14½-ounce can vegetable broth
- 1 recipe Harissa (recipe follows)
- One 15-ounce can chickpeas, rinsed and drained
- 2 small zucchini (12 to 14 ounces), cut into ½-inch chunks
- One 5-ounce package rinsed baby spinach
- ½ cup golden raisins
- Kosher salt and freshly milled black pepper
- Rinsed and dried chopped fresh cilantro or mint

*As featured in the cookbook, [Sara's Secrets for Weeknight Meals](#).



Sara Moulton's Moroccan Vegetable Stew*



Preparation:

1. Heat the oil in a Dutch oven or large saucepan over high heat until hot. Reduce the heat to medium; add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and cook 1 minute longer. Add the ginger, cinnamon stick, cumin, and allspice and cook 2 minutes. Add the parsnips, sweet potatoes, tomatoes, and broth; bring to a boil over high heat. Reduce the heat to low and simmer 10 minutes.
2. Meanwhile, prepare the harissa. Add the chickpeas and zucchini to the stew; simmer 5 minutes longer. Add the spinach and raisins and simmer just until the spinach has wilted.
3. Add salt and pepper to taste. Remove the cinnamon stick. Ladle the stew into bowls and top each portion with some of the harissa and cilantro.

Harissa: Combine one 12-ounce jar roasted red peppers in water, drained, 1 tablespoon extra virgin olive oil, 2 garlic cloves, finely chopped (2 teaspoons), 1 teaspoon cumin seed, ½ teaspoon coriander seed, ½ teaspoon caraway seed, ½ teaspoon red pepper flakes, and ½ teaspoon kosher salt in a blender or food processor fitted with a chopping blade; puree until smooth. Add salt and some freshly milled black pepper to taste. Cover and refrigerate until ready to serve. Makes 1 cup.