

## MOROCCAN CHICKPEA STEW WITH CHARD

*This stew can be served hot over bulgur wheat, barley, or brown rice.*

SERVES 50 ADULTS

### INGREDIENTS

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1 cup oil  
2 medium onions, diced  
½ cup garlic, minced  
3 tablespoons fresh ginger, minced  
1 ½ tablespoons turmeric  
1 ½ tablespoons paprika  
1 ½ tablespoons cinnamon  
1 ½ tablespoons cumin  
1 ½ teaspoons black pepper  
2 tablespoons salt  
¾ cup tomato paste  
3 lb. swiss chard, stems and leaves separated  
and chopped  
3 medium carrots, chopped  
2 heads cauliflower, cut into bite-sized pieces  
2 #10 cans low-sodium chickpeas, drained and  
rinsed  
½ lb. raisins (optional)  
1 bunch cilantro, chopped

### DIRECTIONS

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1. In a stock pot heat oil on medium heat.
2. Add onion, garlic, ginger and cook for 5 minutes until wilted and fragrant. Add dry spices and cook for another 2 minutes.
3. Add tomato paste and stir for 2 more minutes until slightly browned. Add chard stems, carrots, cauliflower and continue to cook. Stir for 10 minutes.
4. Add chickpeas and water to just cover all. Bring to a simmer and cook over low heat for 30 to 45 minutes, adding more water if necessary, but not so much as to make the stew watery.
5. Add raisins, chard leaves, and cilantro. Cook for 5 more minutes.