



AT LENOX HILL NEIGHBORHOOD HOUSE

Moroccan Chickpea Stew with Chard

This stew can be served hot over bulgur wheat, barley or brown rice. It was made specially for the spring but you can replace the chard with kale, spinach or any green on hand. You can add any vegetables, frozen or fresh, to bulk it up. You can replace the chickpeas with other beans. You can use diced tomatoes instead of the paste. It keeps and freezes really well and tastes great as leftovers.

Serves: 4-6 adults

Ingredients:

1 tbsp oil	Salt to taste
1 small onion, diced	1 tablespoon tomato paste
1 teaspoon ginger, minced	1 bunch of swiss chard/kale/spinach stems and leaves separated and chopped
2 teaspoons garlic, minced	1 small carrot chopped
½ teaspoon turmeric	½ head cauliflower chopped
½ teaspoon paprika	1 14-oz can chickpeas, drained and rinsed
½ teaspoon cinnamon	1 tbsp raisins (optional)
½ teaspoon cumin	1 tbsp cilantro, chopped
½ teaspoon black pepper	

Directions:

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.