

## Moroccan Stew

Adapted from [New Recipes from Moosewood Restaurant](#)

### Ingredients

- 1/4 cup oil
- 3 cups chopped onions
- 3-4 garlic cloves, minced
- 1 tsp. cumin, preferably ground from whole
- 1 tsp. turmeric (or more to taste)
- 1/2 tsp. cinnamon
- 1/4 tsp. cayenne, or to taste
- 1/2 tsp. paprika
- 1 cup thinly sliced carrots
- 4 cups cubed butternut squash or sweet potatoes
- 3 cups cubed eggplant (Optional. If you don't use eggplant feel free to increase the amounts of squash, sweet potato, and/or zucchini)
- 1 sweet pepper, diced
- 3 cups sliced zucchini or summer squash
- 2 large tomatoes, chopped
- 1 1/2 cups (1 can) cooked garbanzo beans
- pinch of saffron
- 1/2 cup raisins, plus more for serving
- 1/4 cup fresh parsley
- 2 tsp. kosher salt, or to taste (will depend on salt in any canned ingredients)
- 2 cups water
- Bread or pita, toasted almond sliced or pieces, and chopped hard boiled egg for serving

### Directions

- In a stock pot, heat the oil and saute the onion for 2 to 3 minutes over medium heat.
- Add the garlic and spices, stirring continuously for about 30 seconds.
- Add the vegetables in the order above, sauteing after each addition until the vegetable's color deepens.
- Stir in the beans, saffron, and raisins.
- Add 2 cups water and salt, or enough to barely cover the ingredients.
- Cover the stew and simmer until everything is tender, tasting and adjusting seasonings if needed.
- Top with more raisins, almonds, hard boiled egg, and bread or pita.