

Moroccan Chicken & Chickpea Stew

4 servings
30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 lb Boneless, Skinless Chicken Thighs (cubed)
Sea Salt & Black Pepper (to taste)
1/2 Yellow Onion (large, diced)
2 Garlic (clove, minced)
1 tbsp Ras El Hanout (Moroccan spice blend)
2 cups Chickpeas (cooked)
3 cups Crushed Tomatoes
1 cup Chicken Broth
1/4 cup Cilantro (chopped)

Directions

1. Heat the oil in a Dutch oven or heavy-bottomed pot over medium-high heat. Add the chicken and cook for four to five minutes, stirring occasionally, until lightly browned. Season with salt and pepper. Remove the chicken and set aside.
2. Add the onion to the pot and cook for two to three minutes until softened. Add the garlic and spice blend. Cook for one minute until fragrant.
3. Return the chicken to the pot with the chickpeas, tomatoes, and broth. Bring to a boil. Reduce the heat to low, cover, and simmer for 15 to 20 minutes, stirring occasionally.
4. Remove from the heat and stir in the cilantro. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add lemon zest, cayenne or a pinch of smoked paprika.
Additional Toppings: Greek yogurt or extra fresh herbs.
Serve It With: Quinoa, whole-grain bread or brown rice.