Vegan Moroccan Chickpea Stew*

A hearty and aromatic vegan stew made with chickpeas, sweet potatoes, and a blend of Moroccan spices. Perfect for a warming and nutritious meal.

PREP TIME: 15 minutes   **TOTAL TIME:** 55 minutes
COOK TIME: 40 minutes

2 C Chickpeas (cooked or canned, drained and rinsed)
1 lg Onion (diced)
3 cloves Garlic (minced)
2 lg Carrots (diced)
2 lg Sweet Potatoes (peeled and diced)
1 28-oz can Diced Tomatoes
4 C Vegetable Broth
1 T Olive Oil

1 t Ground Cumin
1 t Ground Coriander
1 t Ground Cinnamon
1/2 t Ground Ginger
1/2 t Turmeric
Salt and Pepper to taste
1 T Mediterranean Mint tea (ground)
¼ C Fresh Cilantro (chopped, for garnish)

PREPARE THE VEGETABLES: In a large pot, heat the olive oil over medium heat. Add the onion, garlic, carrots, and sweet potatoes. Sauté until the vegetables are softened.

ADD THE CHICKPEAS AND TOMATOES: Stir in the chickpeas, diced tomatoes, vegetable broth, ground cumin, ground coriander, ground cinnamon, ground ginger, turmeric, salt, pepper, and ground Mediterranean Mint tea.

SIMMER: Bring the mixture to a boil, then reduce the heat and let it simmer for about 30-40 minutes, or until the vegetables are tender and the flavors have melded together.
SERVE: Serve the stew hot, garnished with fresh cilantro.

NOTE: This vegan Moroccan chickpea stew can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.