

Moroccan Chickpea Tagine



Preparation time: 60 min

Difficulty: Easy

Ingredients

- 1 inch piece of fresh ginger, peeled and grated (optional): 1
- 16 ounce can of chickpeas, rinsed and drained: 1
- Olive oil and/or butter for cooking.: None
- Salt and Pepper: To taste
- Water: 1 1/2 cup
- dried mint: 1/4 teaspoon
- garbanzo bean flour mixed with 2 teaspoons of water to thicken the tagine. (optional): 2 teaspoons
- green or red bell pepper, chopped: 1
- ground cinnamon: 1/4 teaspoon
- ground cumin: 1 heaping teaspoon
- ground turmeric (optional): 1 Teaspoon
- large red onion, chopped: 1
- saffron threads: 1 pinch
- small white onion, chopped: 1
- vegetable bouillon cubes: 1

For this recipe we used:

Chopped Tomatoes 1 1/2 cups



Preparation

Moroccan tagines are beautifully fragrant stews made with key spices and whispers of saffron.

Directions:

1. Saute the chopped onions and bell pepper in some butter and olive oil with salt and pepper until soft. Add the cumin, saffron, cinnamon, and mint. Stir and saute the spices and herbs for about a minute being careful not to burn them. Add the chickpeas, tomatoes, ginger, water, turmeric, bouillon cubes, pinches of sugar or drizzles of honey, salt, and pepper to taste. Stir. Bring to a boil. Reduce heat to low, cover and simmer for about 15 minutes. Taste. Add the garbanzo bean flour and water mixture to thicken the stew (optional but so good). Cook for a minute or two longer. Adjust seasonings, adding a little bit more mint or cinnamon if needed. Serve with any of the above suggestions and enjoy!

Secret Ingredient Alert: Chickpea flour is used to thicken the stew. I like Bob's Red Mill brand. Mix it with equal parts water. The more you use, the thicker the stew will be. It also adds protein to the stew. You can leave this step out with good results. But I highly recommend it. Chickpea flour is a great ingredient to keep in your kitchen. Use it to thicken all sorts of vegetarian stews and chili.