

# Savory Moroccan Stew

Servings: 6

## Ingredients:

- 1 medium white onion, chopped
- 3 garlic cloves, minced
- ½ butternut squash, peeled and chopped into bite sized pieces
- 2 red bell pepper, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 2 medium tomatoes, diced
- ¾ cup red lentils (dry)
- 2 (15 oz) can chickpeas, drained and rinsed
- 2 (15 oz) can crushed tomatoes
- 1 tablespoon freshly grated ginger
- ½ tablespoon turmeric
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon salt and pepper
- 3 cups vegetable broth
- Juice of 1 lemon
- Olive oil



## Steps:

(1) Prep and chop all ingredients.

(2) In a large pot, in olive oil cook onions, garlic until aromatic. Then celery, red peppers and carrots. Cook until soft and onions are translucent.

(3) Add spices: ginger, turmeric, cumin, and paprika.

(4) Add fresh tomatoes and canned crushed tomatoes. Cook for 2-3 minutes and stir.

(5) Add 3 cups vegetable broth, butternut squash and lentils and bring to a boil. Once brought to a boil, turn down to a simmer and cover. Let cook for 30-40 minutes. If you wish to thicken the stew even more, remove lid for the last 10-15 minutes. Finish the stew with the juice of 1 lemon.