

## Recipe - Chicken Tangine

### Ingredients:

- One chicken, cut up
- Large onion, diced
- 1 TBS minced garlic
- 1 TBS minced ginger
- 1 ½ tsp ground coriander
- 1 tsp ground cumin
- 1 ½ tsp cinnamon
- ½ cup dried apricots, cut up
- 1 ½ cup canned diced tomatoes
- 1 cup cooked chickpeas
- 1 to 2 cups chicken stock

### Directions:

Brown chicken in olive oil and set aside the chicken.

Reduce heat and add onions and ginger to sauté.

Add spices and apricots and saute 4 to 5 minutes.

Add tomatoes and chickpeas and bring to simmer.

Add chicken and stock and simmer 30 minutes.

(You can include zucchini, carrots or any other vegetables)