

Recipe – Moroccan Style Chicken Stew

Ingredients:

- 4 cups chicken broth
- 1 can tomato paste
- 2 teaspoons ground cumin
- ¼ teaspoon ground red pepper
- 1/8 teaspoon ground cinnamon
- ½ cup raisins
- 1 very large onion
- 2 TBSP chopped fresh garlic
- 2 pounds yam, peeled, cut into walnut sized chunks
- 2 cans chickpeas, rinsed and drained
- 3 pounds skinless chicken thighs, cubed
- 2 cups broccoli, zucchini, green beans or any leftover green vegetable, steamed and added when chicken is done.
- 1 teaspoon salt, or to taste

Directions:

1. Using a 6 quart soup pot, combine broth, tomato paste, cumin, salt, red pepper, and cinnamon. Whisk until blended.
2. Stir in raisins, onion, garlic, yams, and chicken.
3. Bring to a gentle boil.
4. Reduce heat to low.
5. Cover and simmer for 30 minutes or until chicken is no longer pink and yams are soft.
6. Add green veggies.
7. Serve on a bed of rice or millet with plenty of sauce.