

Recipe from FormerChef.com

Moroccan Garbanzo Bean Stew Recipe

2 Tbsp olive oil
1 yellow onion, sliced
5 cloves of garlic, minced
1 tsp. cardamom, ground
1/2 tsp cinnamon, ground
1 tsp cumin, ground
1/2 tsp paprika, ground
1 tsp chili pepper, ground
1 can (28 oz) diced tomatoes and their juice
2 cans (15 oz each) garbanzo beans (a.k.a. chick peas)
3 cups vegetable stock (or chicken stock or water)
1 lb zucchini, cut into 1-2" chunks
4 oz dried apricots, diced
1/4 cup green olives, pitted and chopped
2 cups (packed) fresh spinach
salt and pepper to taste

1. Heat a large pot (6 or 8 qt) and add the olive oil. Cook the sliced onions over a medium heat until soft and add the minced garlic. Add the ground cardamom, cumin, paprika and chili pepper and cook 2 minutes.

2. Add the can of diced tomatoes, the garbanzo beans and the vegetable stock and bring to a simmer. Cook for 15 minutes and then add the diced zucchini, the chopped dried apricots and the green olives. Cook until the squash is tender.

3. Before serving, fold in the 2 cups of fresh spinach and cook until the spinach wilts. Season with salt and pepper. Serve with cous cous.

Notes:

*I used ground chipotle chili

*I would have used fresh tomatoes if they were in season

*You can use dried garbanzos, just soak and cook them first.

* If too much of the liquid evaporates near the end of the cooking process, just add a little more stock or water and bring back to a simmer.

How to Grind Cardamom:

The recipe calls for ground cardamom, and if you have some whole cardamom pods, it's worth the extra time it takes to get the seeds out and grind them yourself. The fragrance is nothing short of incredible and blows the doors off the stuff in the bottle.

Crush the pods until they break apart. Pull out the seed covers until you have nothing left but the tiny black/brown cardamom seeds. Grind them in a spice grinder until fine.

2 Tbsp Cardamom Pods=1/2 Tbsp Cardamom Seeds=1 1/2 tsp ground cardamom