

## Don's Moroccan Chickpea Stew

(as seen on [Shul Zoom Video.](#))

3 Tbs. olive oil  
2 zucchini cut into ½ in. cubes or any other shape  
1 med. red onion, chopped  
2 cups sliced carrots, or sliced baby carrots  
1 Tbl. chopped garlic, about 2 cloves  
1 cup vegetable broth (low sodium)  
1 cup raisins (or dried cherries or dried cranberries or really old grapes)  
1 Tbl. chopped fresh ginger or ginger paste  
1 Tbl. ground cumin  
1 Tbl. ground coriander  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. Siracha (or to taste or omitted)  
black pepper to taste  
2 15 oz. cans chickpeas, drained (or not)  
1 28 oz. can whole Italian tomatoes, broken up a bit, not drained  
1 Tbl. butter (Can be omitted.)

1. In a heavy pot, heat the oil. Sauté the onion over medium heat until the onions just start to brown.
2. Add the garlic and continue to caramelize the onions.
3. Add all the other ingredients except the stock, chickpeas and butter.
4. Add enough stock to just barely cover the veggies. Stir.
5. Bring to a boil, and then slow simmer, covered, for 30 or 40 minutes, until the carrots are done to your liking. Remove from heat.
6. Stir in the chickpeas and butter.
7. Can be served hot after 5 minutes (to allow the chickpeas to heat through), or at room temp (or frozen into chickpea pops). 😊

This recipe can be halved or doubled or (multiplied by Pi). Stays in the fridge for 5 days. It also freezes well.

Add whatever vegetables you have around, then adjust the liquid as needed.