

Make-Ahead Moroccan Stew

Ingredients

1 teaspoon ground cinnamon
 1 teaspoon ground cumin
 ½ teaspoon ground ginger
 ¼ teaspoon ground cloves
 ¼ teaspoon ground nutmeg
 ¼ teaspoon ground turmeric
 ⅛ teaspoon curry powder
 1 teaspoon kosher salt
 1 tablespoon butter
 1 sweet onion, chopped
 2 cups finely shredded kale
 4 (14 ounce) cans vegetable broth
 1 (14 1/2 ounce) can diced tomatoes, undrained
 1 tablespoon honey
 4 large carrots, chopped
 2 sweet potatoes, peeled and diced
 3 large potatoes, peeled and diced
 1 medium squash (Acorn or butternut), peeled, diced
 1 (15 ounce) can garbanzo beans, drained
 ½ cup chopped dried apricot
 1 cup dried lentils, rinsed
 1 teaspoon ground black pepper, to taste
 1 tablespoon cornstarch (optional)
 1 tablespoon water (optional)

Instructions

1. Combine cinnamon, cumin, ginger, cloves, nutmeg, turmeric, curry powder, and salt in a large bowl, reserve.
2. Melt butter in a large pot over medium heat. Cook the onion in the butter until soft and just beginning to brown, 5 to 10 minutes. Stir in the shredded kale and reserved spice mixture. Cook for 2 minutes or until kale begins to wilt and spices are fragrant.
3. Pour the vegetable broth into the pot. Stir in the tomatoes, honey, carrots, sweet potatoes, potatoes, squash, garbanzo beans, dried apricots, and lentils. Bring to boil; reduce heat to low.
4. Simmer stew for 30 minutes or until the vegetables and lentils are cooked and tender. Season with black pepper to taste. If desired, combine optional cornstarch and water; stir into stew. Simmer until stew has thickened, about 5 minutes.

MAKE AHEAD TIP: If making ahead or freezing, prepare stew through Step 3. Simmer for 5 minutes over low heat; remove from heat and cool in the pot or in freezer-safe container. Transfer to the fridge (store for up to 3 days) or freezer. The vegetables store better if not fully-cooked prior to refrigeration or freezing. When ready to eat, (if frozen) thaw in refrigerator for 24 to 48 hours, then pour stew into a pot, bring just to a boil, and simmer until heated through.

Nutrition Facts

Servings Per Recipe: 6
 Amt. Per Serving
 Calories 486
 Total Fat 3.9 g
 Saturated Fat 1.5 g
 Cholesterol 5.1 mg
 Sodium 605.5 mg
 Total Carbohydrate 98.1 g
 Dietary Fiber 22.4 g
 Sugars 17.5 g
 Protein 18.7 g

“This delicious, healthy North African-inspired stew is a family favorite, served with warm bread or even over couscous. You can make the entire stew ahead of time, let it cool, the refrigerate it for up to 3 days, or freeze it for several months. You can also chop the veggies and mix the spices ahead of time, freeze them and assemble it with the canned ingredients the day you wish to cook it, for a wonderful exotic meal in just 30 minutes.”

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