Moroccan Vegetable Chickpea Stew
Serves: 8
Modified from: www.TasteofHome.com

Items Needed: large stockpot (6-quart), cutting board, kitchen knife, measuring cups, measuring spoons, wooden spoon

Ingredients:
- 1 Tablespoon olive oil
- 1 large onion, chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 1 teaspoon ground coriander
- ¼ teaspoon ground allspice
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- 3 cups water
- 1 small butternut squash, peeled and cut in 1-inch cubes (about 4 cups)
- 2 medium potatoes, peeled and cut in 1-inch cubes (about 4 cups)
- 4 medium carrots, sliced
- 3 plum tomatoes, chopped
- 2 small zucchini, cut into 1-inch cubes
- 1 can no-sodium-added chickpeas, rinsed and drained

Directions:
1. In a 6-quart stockpot, heat oil over medium-high heat; add onion and sauté until tender. Add seasonings; cook and stir one minute.
2. Stir in squash, potatoes, carrots, tomatoes, water; bring to a boil. Reduce heat; simmer, uncovered, until squash and potatoes are almost tender, 15-20 minutes.
3. Add zucchini and beans, bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, 5-8 minutes.
4. Alternatively, add all ingredients to a crockpot, stir, and cook on high 3-4 hours or low for 6-8 hours.
Nutrition Information (per 1 ½ cup serving):
Calories: 180  Fat:  3 g  Carbs:  36 g  Protein:  5 g  Fiber:  9 g  Sodium:  174 mg