

Chickpea and Winter Vegetable Stew

From – myrecipes.com

2 tsp extra-virgin olive oil
1 cup chopped onion
1 cup (½") sliced leeks
½ tsp ground coriander
½ tsp caraway seeds, crushed
1/8 tsp ground cumin
1/8 tsp ground red pepper
1 garlic clove, minced
3 2/3 cups vegetable stock, divided
2 cups (1") cubed, peeled butternut squash
1 cup (½") sliced carrots
¾ cup (1") cubed peeled potatoes
1 Tbsp harissa
1 ½ tsp tomato paste
¾ tsp salt
2 medium turnips, peeled and each cut into 8 wedges
2 cups cooked chickpeas
¼ cup chopped fresh parsley
1 ½ tsp honey
1 1/3 cups uncooked couscous
8 lemon wedges

- Heat oil in a large saucepan over medium-high heat. Add onion and leek. Saute 5 minutes.
- Add coriander and next 4 ingredients (through garlic). Cook 1 minute, stirring constantly.
- Add 3 cups vegetable stock and the next 8 ingredients (through chickpeas). Bring to a boil.
- Cover, reduce heat and simmer 30 minutes.
- Stir in parsley and honey.
- Remove ¾ cup hot cooking liquid from squash mixture. Place cooking liquid and remaining 2/3 cup stock in a medium bowl. Stir in couscous. Cover and let stand 5 minutes. Fluff with a fork.
- Serve with lemon wedges.



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